

Your Best Body at 20, 30, 40, 50+

BONUS!
GUIDE TO
STYLE

APRIL 2015

Men's Health

100 GREATEST THINGS IN HEALTH

The 355bhp
Stress Pill
Next-Gen Life
Extenders
5-Star Detox
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Kevin Hart

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10 KILOS!**
And Keep it Off!
P.64



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Mens

FLIP THE
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THIS MONTH ON...

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BUILD A BODY FOR THE AGES

Ageing is a challenge – not an excuse. However many miles you have on the clock, these stories will help keep you fitter for longer in life...

GUY WISDOM

What to Know When You're 20

Take some wisdom from the elders, grasshopper. Here are 11 things that Nic Haralambous wishes he knew when he was 20 that'll stop from you hitting life's dreaded dead-ends.

➔ [how-to/guy-wisdom/advice-to-my-20-year-old-self](#)

WORKOUT

The Ultimate 30s Workout

So, you're into your thirties and you're starting to feel the toll life takes on your body? Increase the amount of testosterone and growth hormone your body produces with this tough regimen.

➔ [fitness/the-ultimate-30s-workout](#)



BEST FOODS FOR MEN

The Best Foods for Your 40s

It's not just what you do with your body, it's what you put into it. Fend off the deadliest diseases for men in their forties with these three foods.

➔ [food/the-best-foods-for-your-40s](#)



BELLY OFF CLUB

Your Flat-Belly 50s

Abs in your fifties? Damn straight. One of our Belly Off Club members discovers that getting older doesn't mean getting out of shape.

➔ [weight-loss/better-fitness-with-age](#)

BODY SHOP

Rock Your Body Clock

Does it really matter how many times you've circled the sun? There's a huge difference between your chronological age and the biological age of your body. See how old you really are with these tests.

➔ [fitness/age-suitable-training](#)

CHECK-UP

Blood Pact

Whatever your age, take steps to make your body a fine-tuned machine, inside and out. Here are the blood tests you need to ask your doctor for.

➔ [health/your-best-blood-test-ever](#)



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THERE'S NOTHING TO FEAR



■ THERE ARE FEW WORDS THAT GET YOUR ATTENTION

quite as quickly as: “We’re going to need to carry out some more tests.” Sitting in front of the surgeon, I put on a brave face; inside I was terrified. Suddenly Mike Tyson’s famous quote made perfect sense. It’s true: *everyone has a plan until you get punched in the face.*

Only the fear of prolonged pain and potentially bad news had driven me to the specialist. Like most men, I have a natural aversion to anything to do with “check-up” – ironic, given the title of this magazine. Being more into preventative health practices like exercise and eating apples, I was in denial that anything might be wrong.

For a few months I’d been experiencing discomfort and sporadic pain in my midsection. My abdomen ached and I couldn’t shake the feeling that I’d just drunk two litres of beer. When I told a doctor friend, he mentioned “man pains” and nodded professionally but unreassuringly.

After my third visit to my GP, I knew I needed to check in with an expert. A battery of tests, scans and scopes later, the surgeon sat me down for what I thought was bad news. Except it wasn’t. Well, not at first. “You’re clear of any dread disease and there’s no nasty parasite or rampant bacteria. So you can relax.” Phew. His next line of questioning floored me: “How’s life in general? How stressed are you? How’s work? And at home?” Huh?

Ja, all fine, I said. But he didn’t buy it.

He told me that the body was reacting to a hectic schedule, higher intake of caffeine, too many late nights, poor sleeping patterns, an unconvincing diet and not enough regular exercise. He looked at me blankly: “And you’re wondering why your body’s suffering?”

Basically, I’d run myself down so much my body wasn’t coping. Something had to give. His advice? You guessed it. Get active, get distracted and cut down on short-cuts in food and stress management. And also, give yourself a break.

He was right, of course. A few adjustments and a month later, I was back on track. You can’t just carry on short-changing yourself and expect to perform. I learnt a lesson that day that I should have known all along. I just thought I was immune to it because I read and write about it every day.

In this issue there are two stories that remind me how important that balance really is. Our “100 Greatest Things in Health” (page 102) showcases innovations that are crucial to our overall health – it’s not a 100-point check-up, I promise. Then, “Fit at Any Age” (page 98) outlines realistic physical benchmarks that you can reach for, whatever life stage you’re at. Test yourself, I dare you.

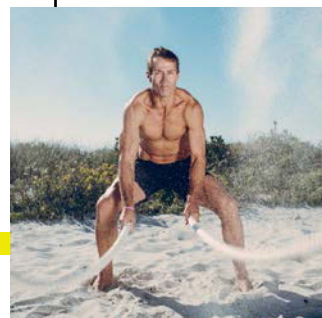
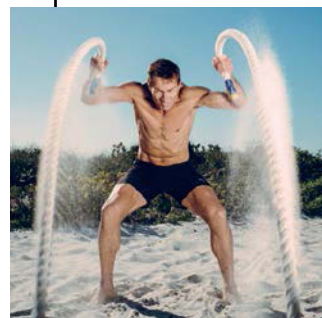
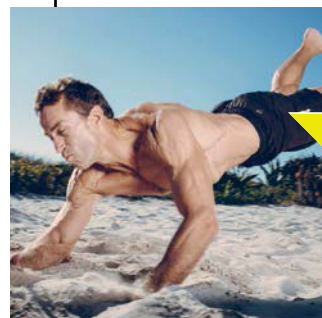
As for me, no pressure – **now that I know my age role model is Corne Krige.**

Have a great month,

Jason Brown
EDITOR
@CapeJason



P.S. Remember, you can download *Men's Health* on iPad, Mac or PC
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CORNE AT 40,
FIT AS EVER
Full plan on page 98.

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I eat healthily but late because of work. Am I going to get fat?

ADAM, SALT RIVER

In short, no. But it depends what you call *healthy*. The kilos won't pile on after the watershed, but what you eat can affect how you sleep. You should be concerned about eating enough. Hunger keeps your brain alert, meaning you'll get a bad night's kip and end up eating more the next day (studies show sleep-deprived people eat an extra 2 300 kilojoules per day). Plus, "the sleep process uses a lot of energy to repair worn out cells," says nutritional therapist Shirley Ward. Translation: going to bed peckish damages your immune system. Chicken and veg may sound healthy, but too much protein can result in a fitful sleep due to the effort it takes to digest. Try 50g (two slices) of tryptophan-rich turkey to benefit from better shuteye. Gobble up.

BE A TRYPTO'FAN

Munch on our top three sleep-inducing foods before you hit the hay for all gains and no hunger pains

● Chickpeas

A *Journal of Psychiatry & Neuroscience* study found two thirds of the tryptophan in these pulses are "free form", reaching your brain faster and bringing the solace of sleep closer.

● Cherry Juice

While some frown upon eating sugary fruit before bed, cherries contain the tryptophan conversion melatonin, which Louisiana State University found can make you sleep up to 90 minutes longer. R18, Woolworths

● Lettuce

The *Iranian Journal of Pharmaceutical Research* found your salad leaves contain lactucarium, a sedative known as "lettuce opium". Pile your salad high and power down.





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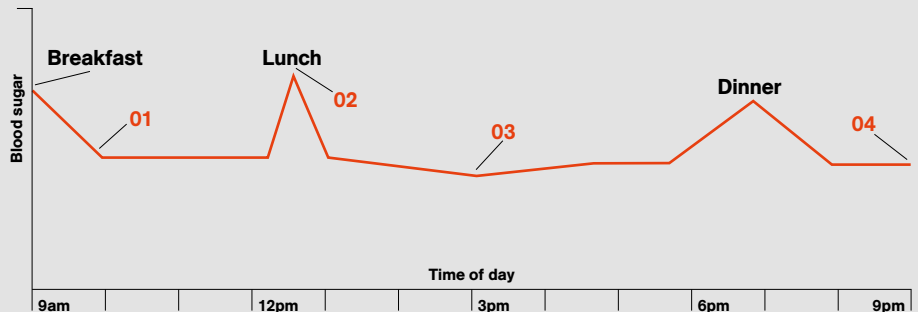
No matter how much I sleep, I'm always exhausted. Is it possible I have diabetes?

SIPHO, PIETERMARTIZBURG

With over three-and-a-half million people in South Africa living with diabetes, it's easy to jump to conclusions and self-diagnose (with or without the help of Google). If all the tell-tale signs of unquenchable thirst, fatigue and constant toilet trips are apparent, you should definitely go for a checkup. But if you only have one or two symptoms, there could well be another reason for your unwelcome energy dips. Dietary deficiencies are a common reason for wavering energy. Low iron levels, a lack of magnesium and vitamins C and D deficiencies are the main culprits. Counteract this by filling up on steak, eggs and avocado first thing in the morning – the breakfast of champions. These foods provide high levels of all four nutrients, so you can consider your bases covered. As winter sets in, give yourself an extra boost of vitamin D by whacking a chunk of cheese on your plate too: Harvard scientists found eating one serving of dairy every day decreases your risk of developing type 2 diabetes by 9%. So for peace of mind, plate up.

THE HIGHS AND LOWS

Counteract your blood sugar spikes and avoid slumps throughout the day with our sweet hour-by-hour guide



1/ Make a Brew

Knock back some black tea: it aids glucose control so you won't reach for a sugary snack.

2/ Dress Up

Pour vinegar, olive oil and mustard on salad to cut insulin spikes and stabilise your blood sugar.

3/ Play Tricks

Curb your cravings with dried mango. It tastes sweet but has blood glucose-regulating effects.

4/ Go Coco

Guzzle down coconut water before you start winding down to improve your insulin levels.

First it was coconut water, now my girlfriend keeps talking about aloe concentrate drink. Is it good for me?

JACOB, JOBURG

We're all for organic food, and yes, aloe will initially hydrate you. Research also says it may reduce cholesterol and blood sugar in people who have diabetes. But here's where we disagree: although aloe vera is rich in vitamins and nutrients, the "aloe" in aloe drinks comes from a ground-up extract of the plant that often contains some level of aloin, a compound that can cause diarrhoea. What's more, a study by the National Toxicology Programme in the UK revealed whole-leaf aloe extract dissolved in water may have led to the growth of intestinal cancer in a test group of rats. It's a risky bandwagon to board. While many

drinks may lack the harmful aloin, labels don't always state whether they contain it. So if your plumbing needs a hand then it's worth a go, otherwise stick to what you know.

I end up soaked in sweat at the gym. Am I unfit?

RASHAD, CLAREMONT

Fear not, sweat is a great thing. In fact, you'd die without it. "If you run at 10 kilometres, you generate 800-1000 watts of energy [you use about 100 walking], which creates heat," says George Havenith, professor of environmental physiology at Loughborough University in the UK. "If you didn't sweat, you'd overheat within 20 minutes, which could be fatal." Aside from dodging death, sweat boosts fitness. "Fit people sweat more as their bodies' cooling systems are

more efficient." So the fitter you are, the harder you can push yourself. Plus, the better you become at sweating (yes, it's a skill), the less sodium you lose, avoiding cramps. So sport your soaked T-shirt with pride.

I want to make compost for the plants on my flat balcony. How do I avoid attracting rodents or stinking up the place?

TIM, DURBAN NORTH

We get it: you want a garden, not a zoo. All you need to create a healthy compost is the right balance of browns (shredded newspaper or straw) and greens (fruit and vegetable scraps). "It's the classic mix for an indoor operation," says Chris O'Brien, director of American University's Office of Sustainability. This can be as simple as throwing everything into a lidded bucket

and alternating layers of paper and food scraps. Poke holes in the lid, since air circulation is as important as the browns-to-greens ratio for keeping smells at bay. Then mix the contents of the bin before adding anything new to the pile. If you find that

the food isn't decomposing fast enough, O'Brien suggests vermicomposting, which involves adding earthworms to the mix. They'll eat and poop, turning organic material into rich soil. When your compost is full and ready, dump it into a larger

outdoor bin or use it in your garden. Compost adds nutrients to your plants and helps your pots retain moisture. Just avoid adding meat to your compost mix. It doesn't break down easily, and the smell could be a dinner bell for rats and other critters. You're green, not gross.

Keeping a secret makes me feel sick. Literally. What's going on?

MILES, KLERKSDORP

Sociopaths excepted, harbouring secrets sets off a chronic surge of stress hormones. These can trigger health issues such as a weakened immune system, gastrointestinal problems and high blood pressure. It also uses up a lot of brainpower. "Keeping secrets requires extra use of the pre-frontal cortex and amygdala," says neurosurgeon Dr Chopra. Spill your secret on paper: you won't censor yourself as you might if sharing with another person, suggests communications professor Dr Tamara Afifi. It "tricks" your mind into experiencing relief.

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APRIL 2015

FROM FAT
TO FIN

HOOK, LINE AND GUT SHRINKER

Pick your protein wisely: a study review by Swiss and South African researchers suggests that **eating fish can help you shed weight**. People who ate fish regularly or took fish oil supplements every day lost 600 more grams over two to three months than those who went fish-free. They also shaved nearly half a point more off their body-fat percentage. According to study author Dr Nicole Bender, the omega-3 fatty acids in fish have anti-inflammatory effects that can boost weight loss. Aim for two servings of a fatty fish, such as salmon, per week.

A NEW GILL FRIEND
Men lose more belly fat by consuming fish than women do.



For up-to-the-minute cardio news and tips, go to mh.co.za/fitness

Prime Time for Exercise

Are your binge-watching marathons to blame for your net flab gains? **Watching less TV has a double benefit: you exercise more and also reduce your unhealthy sedentary time, slashing your risk of cardiovascular disease.**

Australian scientists found that when inactive people adopted an exercise routine that took two-and-a-half to five hours a week, they ended up watching about 50 fewer minutes of TV a day. Any reduction in viewing time is a positive: watching more than two hours of television a day has been shown in other research to increase heart disease risk by 125%. Here's another great way to downgrade the danger of being a couch potato: during the commercials, do 30 seconds each of jumping jacks, mountain climbers and skater hops, without resting between moves.



LOSE THE FAT SCREEN
Have you seen the new TV station at your local gym?



TAKE TIME OFF FROM INTERVALS

Go ahead and skip this week's sprints. **Doing high-intensity intervals every other week is just as beneficial as doing them weekly.**

That's the conclusion of researchers in Norway who worked with soccer players in the six-week off-season. Players who completed five four-minute rounds at 87 to 97% of their max heart rate every seven days registered VO_2 maxes similar to those of players who did the same every 14 days. "High-intensity intervals done more than once a week can fry you physically," says Dan John, a US trainer. "That bogs down other workouts, which trumps any training advantage."

PUSH YOUR LIMITS

A beginner's mentality is a good thing, even when you're a master. **Your favourite sport may not provide as good a workout as it did when you were learning it.** Researchers in the UK found that skilled surfers were able to maintain lower intensity levels while riding than novice surfers did. "As you improve, you perform the task more efficiently," says study author Dr Matthew Barlow. To make sure your workouts consistently deliver results, keep adding to the challenge as your skillset broadens. Tackle new moves, and wear a heart rate monitor so you can track your intensity level.

Six

Percentage improvement in cyclists' 20 kilometre times after they did 4 sets of 5-rep-max leg presses 10 minutes beforehand

Source: *Journal of Strength and Conditioning Research*

THE FITNESS FIX

Butt Pain



When the butt muscles on the back of your hips tighten up, they pinch your sciatic nerve, causing a literal pain in your

ass. It's called piriformis syndrome, and it can make running difficult. Runners and cyclists are at especially high risk because the focus on forward motion tends to weaken hip muscles.

The Solution

Loosen up: before your run, foam-roll your muscles and then relax them with a yoga pigeon pose, says *Men's Health* advisor Dr Jordan Metz.

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For up-to-the-minute sex news and tips, go to mh.co.za/sex-women

SCREW U.



The Finding People who hit orgasm share more secrets after sex than non-climaxers do, reveals a *Communication Monographs* study.

The Science The release of the hormone oxytocin after orgasm may help us read emotional cues and see a benefit in speaking freely, according to study author Dr Amanda Denes. Oxytocin may help you realise that you bond more if you share.

Your Play Stay awake. Take her pillow talk as a coital compliment.



FLIRTING WITH DANGER

If you hear a dude say nice things about your girl, fine. **But women tend to be wary of other women who compliment you**, an Arcadia University study found. More so than men, women watch out for potential mate poachers – especially their gal pals, who'd know if the relationship has hit a rough patch, says study author Dr Christina Brown. Just tell a female flatterer "thank you" and move away, Brown says. Then lean towards your mate or put an arm around her.

LEAKY DEFENSE



Is an STD Brewing?

Let's get drunk and fool around! Careful: **booze raises your odds of contracting HPV**, a study in *Sexually Transmitted Infections* reveals. Nearly 70% of men who exceed two and a half drinks a day carry the human papillomavirus – that's about 11% higher than the rate of more moderate drinkers. Even factoring in sex habits, these guys ran higher risks of any HPV infection (by 13%) and of cancer-causing HPV types (by 35%) than men who drank the least. Alcohol, even in moderation, can hamper your immune system, says study author Dr Matthew Schabath. So use condoms and book an HPV vaccination; it's nearly 100% effective.

GIMME SOME SUGAR, BABY

When your blood sugar plummets, your fuse might shorten. In a new Ohio State University study, people who were told to poke pins into a voodoo doll of their spouse, depending on their level of anger, jabbed more frequently when their blood sugar was lower. They also blasted their mate with louder, longer noises through headphones during a competitive task. **"Glucose provides fuel the brain needs to exercise self-control,"** says study author Professor Brad Bushman. When you're short on sugar, your girl is the most convenient target, he says. "Don't discuss sensitive topics on an empty stomach," he says. "Do it over or after dinner."

nine

Men ages 25 to 64 are most likely to seek an affair when their age ends in this digit.

Source: PNAS

A man with long blonde hair and a light beard is crouching in a rustic, wood-paneled setting. He is wearing a light-colored cowboy hat with a dark band, a black leather motorcycle jacket over a dark denim shirt, and black leather pants. He is holding a black lasso in his right hand. He has a gold bracelet on his left wrist and a ring on his left ring finger. He is looking directly at the camera with a slight smile.

GUESS



For up-to-the-minute weight loss news and tips, go to mh.co.za/weight-loss

Work Out or Pig Out?

Message for both gym rats and rookies: find a workout you enjoy. A new study from Germany reports that **your state of mind at the gym may make you overeat later.** People who did an ergometer workout labelled “fat burning” ate an average of 548 kilojoules after the session, even though they’d burned only 401. And those who weren’t excited about hitting the gym consumed even more — 1 096 kJ. The “fat burning” label may have led people to think they’d reached their fat-burning goal, while those who lacked motivation may have been freer with rewards, says study author Professor Jörg Königstorfer.

SHAKE IT OFF

Don't let that post-workout reward follow you back to the gym.

1920

Average number of kilojoules men burn in a single 90-minute Bikram yoga session

Source: *Medicine & Science in Sports & Exercise*



A CHILLING EFFECT ON FAT

Lowering your aircon can make you fat – in this case, that's a good thing. **A cold environment can increase metabolism-boosting “brown fat”**, a study in the journal *Diabetes* reports. After sleeping in mildly cold conditions for a month, men experienced a 30 to 40% increase in their brown fat. This fat tissue converts stored energy to heat, which can help torch kilojoules. To boost your burn, set the temp no higher than 20°C – or sleep with the fan on.



LOSING STRATEGIES



Broccoli Bust /

Eating more produce has its rewards, but a smaller gut may not be among them. A 2014 review in the *American Journal of Clinical Nutrition* reveals that amping up vegetable intake has a “near zero” effect on weight change. Study author Dr Kathryn Kaiser says that while produce has key nutrients, to shed kilos you need to create a deficit in kilojoules by eating less and exercising more.

THE SHAKE DOWN

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Maleg.

A close-up photograph of a man's arm and hand, wearing an orange t-shirt, spraying whipped cream from a can onto a pie in a metal tin. The can is red and white with the words "Original" and "REAL Cream" visible. The pie has a golden-brown crust and is sitting on a wooden surface. In the background, there are colorful balloons (red, yellow, blue, green) hanging from a stand near a window with white blinds.

**“I’m a Big
Goddamn Deal”**

Kevin Hart may be the funniest man alive. Go ahead and laugh.
Just be sure to listen to him, and learn, as well

BY ERIC SPITZNAGEL | PHOTOGRAPHS EMILY SHUR

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Edited by | P.
Pieter Smedy | 31



KEVIN HART BURSTS THROUGH THE DOOR

of the Outlaws Boxing Gym, drops his bag on the cement floor and starts undressing. He doesn't have time for things like locker rooms and privacy. He'd rather change into his workout clothes at the front door, which at this place – a tiny club in a small LA neighbourhood – is being guarded by a very confused shih tzu. Boxers (the human kind) walk past Hart and do double takes. A few stop for a high five. None of them choose to acknowledge that Hart is in his underwear.

Hart pulls a shirt over his head with one hand and taps on his iPhone with the other. He's also talking nonstop, ping-ponging between topics like parenthood, why his life is so awesome, and his new movie, *Get Hard*, which is out on 27 March.

"It's about understanding your brain, you know?" he says of the comedy. "Everything you do should be about elevating your brain. It's not about doing things just to do them. Everything should have a purpose."

It's not clear what any of this has to do with a movie about a hedge fund millionaire (Will Ferrell) who hires the man who washes his car (Hart) to help him not get raped in prison. But Hart isn't jumping off this train of thought. "I always want to show that I'm going up, not down," he says. "I'm not progressing to go backwards; I'm always going forward."

One word that will never be used to describe Hart is *pensive*. There are no pauses in his patter. He starts talking and finds his way to a point. A conversation with Hart is never boring. Sometimes, though, you wonder what the hell he's talking about – until you look back and see a few principles emerge.

EASY AS PIE
Comedian Kevin
Hart's recipe for
success: don't do
dumb sh**t.

Never Let Up

"If you stop, or even if you slow down, you're going to look up and realise somebody has passed you," Hart says of his career philosophy, which from certain angles seems to apply to his life in general. "And that's my fear, I guess. It's the fear of being passed or caught up to, you know? When you get hot, you can choose to stay hot or you can say, 'I'm going to take some time off now and relax.' I don't see the benefit of that. That's how you get left behind."

It's possible that you're not familiar with Kevin Hart, but that's not for lack of trying on his part. Over the past decade he's appeared in dozens of features, working his way up to above-the-title billing. Last year alone he starred in four films – *Ride Along*, *About Last Night*, *Think Like a Man Too* and *Top Five* – all big earners. He's headlined several comedy tours and broken one of Eddie Murphy's long-standing box office records. He has also filled Madison Square Garden.

And yet Hart is still not considered a household name. (Chris Rock – one of Hart's comedy idols – might have put it best on an episode of *Real Husbands of Hollywood*, the reality-show parody that Hart co-created. "I'm *actually* famous," Rock told Hart. "You're more *black* famous.")

Hart, 35, seems to prefer it this way. He likes being an underdog – and he'll tell you as much. He'll tell you that he's always done well when the odds have been stacked against him. He'll tell you stories about his pre-fame years, when he was a shoe salesman in Philadelphia, his hometown. "My thing was, I'd ask them what they were looking for in a shoe," he says. "And then I'd go in the completely opposite direction. Someone comes in looking for running shoes; I'd try to sell them Timberlands. I loved that challenge. How can I sell them these shoes that they obviously don't want?"

But the underdog also wants to be noticed. Hart's last stand-up concert film, 2013's *Let Me Explain*, features pyrotechnics that punctuated his punch lines. (He got the idea from Jay-Z.) And in case it wasn't clear, he reminds the audience: "I'm a big goddamn deal!"

Which may explain his half-naked behaviour at the Outlaws Boxing Gym. He's not interested in gloves that were last worn by a sweaty stranger. "Do they have anything

new, anything I can buy?" he asks. And then he has a better idea: we should go to Equinox, his regular gym. It's just around the corner, and so much... cleaner. He darts from the boxing club and jumps into his white Ferrari, which looks and sounds like a spaceship.

Don't Be a Bitch

This scene – sportscar, Southern California – is a long way from Philadelphia, where Hart says his neighbourhood was rough. He credits his mom, Nancy, who raised him more or less as a single parent, for pushing him in the right direction. In his early stand-up career, he would ask his mother for help with rent and she'd tell him to read his Bible. By the time he finally opened it months after that, several rent cheques fell out. His mother died of breast cancer in 2006.

That was a story for Oprah. Onstage, Hart has used his absentee father, Henry, as fodder – the cocaine addiction, the stints in jail and the time Henry showed up stoned at his spelling bee shouting "Alright, alright, *alriiiiiight*." Still, he gleaned some life lessons. Like this gem, he says: "Don't be a bitch."

That was Dad's best advice? "Best advice!" Hart insists. "He meant bitch as in being the type of person who quits, or gives up, or cries when something doesn't go your way."

Hart is serious. And it's the reason, joking aside, that he has reconnected with his father in recent years. "When he finally got himself together, he didn't harp on what he did wrong and how it wasn't his fault," Hart says. "It was all, 'This happened. How can I make it better?' He never complained. He never, ever complained. And I respect that. That's all I needed."

At Equinox, a slick health club with a smoothie bar, Hart is definitely complaining, his biceps bulging, tongue in cheek. "What the f**k are you telling me?" Hart shouts at his trainer, Ron "Boss" Everline. "I did eight sets of curls already. You trying to trick me?"

"That was a different exercise," Boss tells him, deadpan.

"No, no, this is a trick," Hart shouts back even louder, drawing the entire gym's attention. "I did that already. It's on the board. It's on the board! Do I need to get my lawyer on the phone? I'll do that s**t. Don't test me."

There's not much that'll rattle Hart's cage. He won't fight back with his ex-wife, Torrei,

"I KNOW IT'S HEALTHY TO DO NOTHING ONCE IN A WHILE. BUT I LIKE TO KEEP BUSY. I GUESS THAT'S MY VICE"

who has publicly accused him of having an affair with his now-fiancée while they were still married. He'll just shrug and blame himself for getting married too young. "It was in no way her fault. I made too many mistakes, and we will be better apart."

Stop Doing Dumb S**t

Some may say Hart's an expert at doing dumb s**t; yet he comes out looking somehow better. Like the honest way he dealt with his drunk-driving episode in 2013, when he nearly collided with a tanker truck. When asked to take a sobriety test, he calmly told the arresting officers, "Why waste your time... I'm drunk, man." And then he spent his time in jail doing push-ups and sit-ups. (He tweeted that it was 6 000 push-ups and 13 000 sit-ups.)

When he was "caught on tape" at Florida State University last November, it wasn't for having a meltdown or assaulting paparazzi but for telling quarterback Jameis Winston, who'd recently been busted for shoplifting and was under investigation for rape, "You need to stop doing dumb s**t."

"That's good advice," Hart maintains. "All guys need to hear that occasionally. I need to hear that. Doesn't matter how old you get – if you're a guy, you're still tempted by dumb s**t. You need somebody to tell you, 'What the f**k is wrong with you? Sit your dumb ass down.'"

Not being a bitch and not doing dumb s**t, he says, represent the essence of what he's learnt as an adult. "Don't be an asshole, and don't let the assholes get to you."

His fiancée, Eniko Parrish, an aspiring model, is exercising nearby, and he makes sure I know that. "That's my fiancée coming to work out," he says, pointing to her. She's sitting on an exercise ball and thrusting her pelvis toward us. "Get it, girl," he yells at her. "Lift your butt up more. There you go. Get it!"

Hart starts doing dumbbell bench presses and grunts from the effort, so I pause. "No,

FUNNY GUY, SERIOUS GUNS

Hard daily work built Kevin Hart's arms. Here's your three-step plan

Back Off the Curls

Hart does tons of curls. But trainer Tony Gentilcore says if you can't do five perfect chin-ups, don't do curls. At the start of a programme, focus on total-body lifts that also hit your biceps rather than target them directly.

Double Your Reps

Once you're ready, do a "double-rep set" of curls to maximise your pump. First, do 25 reps of a barbell curl. Rest 15 seconds; then do another 2 reps. Alternate between 15 seconds of rest and 2 reps until you hit 50 total reps.

Target Your Triceps

They're bigger than your biceps. When benching, lay a foam roller lengthwise on your torso so the top is between your pecs, and tap it with the bar with each rep. This emphasises the lock-out phase of the lift, which is all triceps.

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no,” he growls. “Ask me another question. Keep asking questions. I feed off this.”

It's true: the more he sweats and strains, the more he falls into his performance swagger. When I met him, in the boxing gym doorway, he was polite and calm. But now Kevin Hart the comedian is emerging. He's the guy I recognise from the stand-up specials and movies.

“I did that already,” Hart protests when Boss brings him some hand weights. “You calling me a liar? I don't cheat. You want to watch the tape? Play back the tape. Play it back!”

Laugh at Demons

If we've learnt anything from people like Robin Williams, it's that often, the greater the comedy genius, the bigger the demons. Depression, dark impulses, drugs: if you're any good at telling jokes, we've come to assume that you've also got some deep-rooted psychological issues. That's not just speculation. In a University of Oxford study from last year, researchers stated that “the creative elements needed to produce humour are strikingly similar to those characterising the cognitive style of people with psychosis.”

But if Hart has a dark side, he's done a fantastic job at concealing it. His chemical fuel seems to be adrenaline. About the worst that Etan Cohen, director and co-writer of *Get Hard*, has to say about Hart is that “he was planking between takes. You need to do a proper warm-up before you even look at Kevin Hart.” Hart laughs at the suggestion that he might have demons. “I don't have a negative bone in my body,” he says. “There is nothing that I'm running from.”

But doesn't obsessively working out in jail indicate that something a little more complicated is happening in his head? “What was I going to do?” he asks back. “Just sit in that cell and think about how I messed up? I don't like wasting time. And I can't sit still. I think it's good to stay active and distract yourself from bad thoughts. But at the same time, it's also... it's weird.”

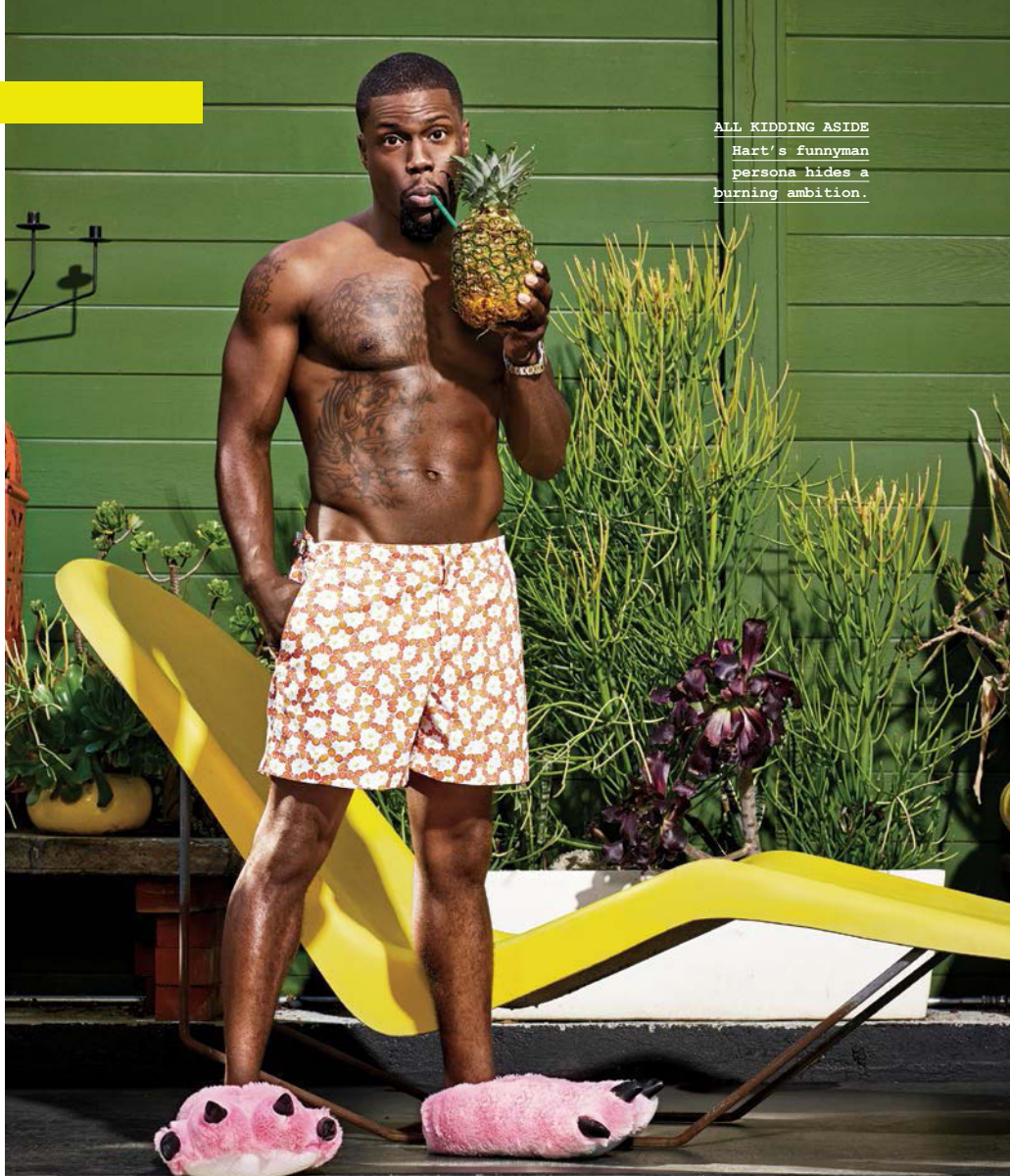
He looks contemplative. It's an odd expression for somebody mid-trot on a treadmill.

“I know it's not the best thing,” he says. “Sometimes you should just chill. You know? Sometimes you should just sit down and take a breath. I know it's healthy to do nothing once in a while, and I don't just sit still as often as I should. But I like to keep busy. I guess that's my vice.”

He smiles, perhaps appreciating the irony that he just had an epiphany about slowing down and doing nothing while in the midst of multitasking.

“Let's do something else,” Hart says, jumping off the treadmill and instantly changing the subject. “Weights, we need weights.”

ALL KIDDING ASIDE
Hart's funnyman
persona hides a
burning ambition.



THE BETTER MAN PROJECT: KEVIN HART

His success can be traced to a few simple philosophies. They can make you a better man too

Life Motto

If you look good, you feel good. If you feel good, you do good. If you do good, you smile.

House Rules

My lady and I have one rule only. There is time in every single day to work out. If I can find the time to get to the gym with my crazy-ass schedule, anybody can.

Early Push

When I started in comedy, my mom gave me a year.

When all your eggs are in one basket, you'll do what it takes to make that work.

Gym Motivation

At the end of the day, health equals wealth.

The Big Picture

Life isn't supposed to be perfect. It's moments of happiness and sadness.

What It's About

My kids. I'm doing this for my family. Everything I do is for their future, so they'll be taken care of.

Accept (and Delude) Yourself

Hart played basketball in high school and was determined to play professionally. But there was one problem: his height stalled at 1.6m. “When reality hits and you see that you aren't growing anymore, there's a part of you that realises it's time to give up,” Hart says.

“But I just ignored that part. In my mind I was still the tallest kid in Grade 4. That's when I was on fire. I played forward. I think I might have technically been the same height until Grade 8. But I refused to acknowledge it. People would say, ‘What're you doing out here, shorty?’ I'd be like, ‘Throw me the ball.’”

Hart isn't the biggest guy in any room. But he's definitely the loudest. “Life goes on with or without you,” he says. He pauses as he lifts an especially heavy weight, and groans. “That's the hardest thing,” he says. “You're not owed anything in life. You make a bad decision and you're out of the game. Life is a boardgame. And it will go on without you.

“So you have...” he says, grunting as he lifts the barbell. “...to play...” the veins on his head are like throbbing exclamation marks, “...the game.”

MH

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How Stress Causes a Cold Sore

Roy Seidenberg, a dermatologist at New York University, explains one of the theories behind that blister on your kisser. Other suspected triggers in this mystery: UV light and genetics.

2 / YOUR CELLS HAVE BEEN HACKED

After the herpes virus takes its buss ride, it enters your skin cells. There its DNA replicates in the cells' nuclei; this process enables the virus to spread to more cells. Eventually it infects your nerve endings and then travels to the base of your trigeminal nerve – the ganglion – where it hides out.

3 / ANTIBODIES ATTACK

Your body knows that it's been infiltrated. The infected cells alert your lymph nodes, which mobilise white blood cells, called lymphocytes, to give the virus a biochemical beatdown. But in this case, your lymphocytes are more like "wimpocytes" – they can only contain the virus, not destroy it.

1 / THE VIRUS SLIPS IN

Despite the name, a common cold virus is not the culprit. Blame the herpes simplex virus Type 1. At some point in your life, you probably invited this invader in by kissing an infected person; the mucous membranes in your lips gave easy access.

4 / STRESS SCREWS YOU

Any time you're under heavy-duty stress, your levels of the fight-or-flight hormone cortisol spike. That's good if you need to do battle with your boss or outrun your significant other, but it weakens your whole immune system. Your depleted army of lymphocytes is left to stand guard against herpes.

5 / YOUR LIP GOES BOOM

Noticing that it's no longer surrounded, the virus seizes the opportunity to escape. It travels back down the nerve pathway to stage an attack on your skin cells. You feel a tingle on your lip. Soon, you're staring at a cold sore. Your immune system needs 10 to 14 days to confine the virus to the nerve again.



ONE OBSESSION

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Game On!

Big game coming up? Give the braai a break and dish up a plate of every-man-for-himself greatness. It'll free you up to grab an extra brewski

We Call These Macho Nachos

Nachos – so easy to make but so tricky to make well. With this recipe you'll get the perfect balance between crunchy corn chips, spicy salsa, salty biltong and cheesy goodness. Don't forget to pile on that guac. Recipe by Zane da Silva and Marlon Sithole of Taco Zulu (taczulu.co.za)

GUACAMOLE

- 1 LARGE AVOCADO
- JUICE OF A FRESH LEMON
- SALT AND PEPPER, TO TASTE

SALSA

- PLUM TOMATOES, CHOPPED
- ONION, CHOPPED
- GREEN CHILLI, CHOPPED

NACHOS

- 250G CORN CHIPS
- 150G BILTONG
- 50G CHEDDAR
- 50G MOZZARELLA
- 500ML PHILADELPHIA CREAM CHEESE
- 500ML SOUR CREAM
- 8 TO 12 JALAPEÑO SLICES

- 1/ To make the guacamole, peel the avo, remove the pip and roughly mash up the flesh with a fork. Add a squeeze of lemon and salt and pepper to taste. Set aside.
- 2/ Make the salsa according to a ratio of 1½:¼ of tomato, onion and green chilli. Combine the ingredients in a bowl and set aside.
- 3/ To assemble the nachos, start with a base layer of chips, followed by dollops of cream cheese, then a sprinkling of cheddar and mozzarella and finally a sprinkling of biltong. Repeat this process until you have three layers of chips.
- 4/ Turn your oven to grill and pop in the nachos, removing only when the cheese is bubbling and the chips are slightly charred. Serve topped with jalapeño slices, a hearty blob of sour cream and the guacamole on the side.

"THE PERFECT GAME-DAY MEAL IS ONE THAT'S QUICK TO MAKE AND GOES DOWN WELL WITH EVERYONE. LIKE THESE NACHOS. THEY'VE GOT A GREAT PARTY VIBE AND THEY'RE THE PERFECT PARTNER TO A COLD BEER." – ZANE DA SILVA, TACO ZULU



BEER IQ Can beer be fancy? Hell yeah, says Rob Heyns of leagueofbeers.com. Innis & Gunn is a whiskey-barrel-aged beer made for the connoisseur. R348 for a case of six

Your Next Pizza Won't Be Round

Sure, you've tried regular ol' pizza, now try these pizza fingers. Fried strips of light-as-air dough topped with fresh tomato sauce, pesto and smokey bacon are enough to make even your most hardcore banterers leave their diets at the door. Recipe by Annemarie Steenkamp of Bocca (bosca.co.za)

• 1 TIN WHOLE PEELED TOMATOES	• 50ML OLIVE OIL
• PINCH OF SALT	• 220G STREAKY BACON (CUT INTO LARDONS – THAT'S FANCY FOR CHUNKS)
• 4 SPRIGS FRESH BASIL (FINELY CHOPPED)	• 150G GRANA PADANO, GRATED
• 1KG BREAD DOUGH (YOU CAN PICK UP A BAG AT YOUR LOCAL BAKERY)	• BASIL PESTO
• 500ML CANOLA OIL	• 70G BASIL LEAVES

- 1/ In a bowl, combine the tinned tomato, salt and fresh basil sprigs and blitz with a hand blender until combined. You can make this tomato sauce the day before.
- 2/ Divide the dough into four equal pieces and roll out into a rectangular shape that's about ½cm thick. Then, using a pizza cutter, cut into roughly 2cm strips and set aside.
- 3/ Heat 500ml of canola oil in a medium pot and heat to 140°. Slowly drop the strips of dough into the oil and fry until golden on the one side and then carefully turn over and repeat. Remove from oil with a slotted spoon and place onto paper towel to get rid of excess oil.
- 4/ Place the fried dough fingers in a baking tray, smear with the tomato sauce and sprinkle with bacon bits, cheese and dollops of pesto.



"IF YOU'RE INTO TWO-IN-ONE DEAL YOU CAN'T GO WRONG WITH THESE SLIDERS. PART BURGER, PART POPPER, ALL AWESOME." – TAYNE DRAPER, REPUBLIK

BEER IQ A pale ale in a tin is always a win: street cred with an unmistakable hoppy taste. R516 for a case of 12, leagueofbeers.com

- 5/ Turn your oven to grill and pop in the baking tray, removing only when the cheese is bubbling and the dough is slightly charred.
- 6/ Transfer the pizza fingers onto a wooden board and garnish with basil leaves.

The Sneaky Sliders That Really Pop

These sliders aren't just mini burgers – they're a whole lot of awesome stuffed into a soft bun. The secret is in the cheesy jalapeño centre. Serve them up and wait for your guests to have that "ahhh!" moment. Recipe by Tayne Draper and Keaton Randall of Republik (republik.co.za)

PATTIES	• 3 JALAPEÑO SLICES
• 2 ONIONS, CHOPPED	• 10G CHEDDAR
• 2 CLOVES GARLIC, CHOPPED	• 1TBS GUACAMOLE (SEE NACHOS RECIPE)
• 1KG GRASS-FED MINCE	• 1TBS SOUR CREAM
• 15G CAJUN SPICE	• 10G TOMATO, DICED
• 15G DRIED OREGANO	• 1 SLIDER ROLL
• 30G SALT	• 1TSP SWEET CHILLI SAUCE
SLIDER	• BBQ BASTING
• 60G PATTY MIX	

- 1/ You can prep the patty mixture the day before to save time. To make, simply fry the onion and garlic in a splash of olive oil until translucent. Then, in a bowl, combine the mince, spices and onion mix.
- 2/ To make the patty, split the mince into two 30g halves and flatten slightly. Place the jalapeño slices and cheese on the centre of one flattened half and top with the other half, moulding into a solid patty.
- 3/ Baste the patty with the BBQ sauce and fry in a small plug of oil.
- 4/ Place the patty on a slider bun, top with sweet chilli, sour cream, guacamole, diced tomato and the other half of the bun. Serve immediately.



"NOBODY WANTS TO DO TOO MUCH ON THE ACTUAL DAY, ESPECIALLY IF YOU HAVE YOUR MATES COMING OVER. MOST OF THIS CAN BE DONE A DAY IN ADVANCE AND JUST FINISHED OFF 10 MINUTES BEFORE YOU'RE READY TO DIG IN."
– ANNEMARIE STEENKAMP, BOCCA

BEER IQ You've got craft beer taste on a student budget? You can't beat the value for money of Jack Black Lager, says Heyns. R240 for a case of 12, leagueofbeers.com

The Game-Day Double Team

Poppers and roasted corn – the perfect combination of spicy and sweet. These easy-to-make crowd pleasers are proof that finger food can be good looking, too. Recipes by Thom Hughes of Perron (perron.co.za)

MEXICAN STREET CORN

- ¼ CUP MAYONNAISE
- ¼ CUP CREMA
- ½ CUP FINELY CRUMBLED FETA CHEESE, PLUS MORE FOR SERVING
- ½ TSP CHILLI POWDER, PLUS MORE FOR SERVING

- 1 MEDIUM CLOVE GARLIC, FINELY MINCED (ABOUT 1 TEASPOON)
- ¼ CUP CORIANDER LEAVES, FINELY CHOPPED, WITH STEMS
- 4 MIELIES SHUCKED
- 1 LIME, CUT INTO WEDGES

- 1/ Light half the burners of a gas grill to high heat. Allow to preheat for 5 minutes.
- 2/ While grill is getting hot, combine mayonnaise, sour cream, cheese, chili powder, garlic and coriander in a large bowl. Set aside.
- 3/ When grill is hot, place corn under grill and cook, rotating occasionally, until charred in spots on all sides, about 8 minutes total.
- 4/ Transfer corn to bowl with cheese mixture and use a large spoon to evenly coat corn on all sides with mixture. Sprinkle with extra cheese and chilli powder and serve immediately with lime wedges.

JALAPEÑO POPPERS

- 10 TBSP BLACK PEPPER
- 10 TBSP ONION POWDER
- 10 TBSP CAYENNE PEPPER
- 10 TBSP DRIED LEAF OREGANO
- 10 TBSP DRIED THYME
- 8 PICKLED JALAPEÑO PEPPERS, BLANCHED UNTIL SOFT THEN COOLED, SEEDED AND HOLLOWED

- 400G CREAM CHEESE, SOFTENED
- 3½ CUPS GRATED MOZZARELLA CHEESE
- 1 TSP CAYENNE PEPPER
- 5 LARGE EGGS
- 75ML MILK
- 2½ CUP FRESH BREAD CRUMBS
- 1 CUP FLOUR
- 500ML CANOLA OIL

- 1/ To make the essence, combine the black pepper, onion powder, cayenne pepper, dried oregano and dried thyme. You can store this in an airtight container.
- 2/ In a bowl, cream together the cream cheese, other cheese and cumin.
- 3/ In a another bowl, beat together the eggs, milk, and 2 tsp of essence.
- 4/ In a shallow dish, combine the bread crumbs and 4 tsp of essence.
- 5/ In a final dish, combine the flour and 2 tsp of essence.
- 6/ Spread 1 Tbsp of the cheese mixture into the middle of each jalapeño half.
- 7/ One at a time, dredge the jalapeños in the flour, dip into the egg mixture, then dredge in the bread crumbs, pressing to coat. If necessary, repeat the process. Allow to rest in the fridge for 30 minutes.
- 8/ Heat a pot, heat the canola oil and, when ready, gently fry the coated jalapeños until golden. Remove to a paper towel to soak up any excess oil and serve immediately.



"THE ROASTED CORN IS CHEAP, SIMPLE TO MAKE AND EXTREMELY DELICIOUS TO EAT – A GREAT STRESS RELIEF WHEN THE GAME GETS TENSE. WHEN I'M DRINKING BEER ON A SATURDAY AFTERNOON WATCHING A TEST MATCH, THIS IS THE KIND OF FOOD I LIKE TO EAT."
– THOM HUGHES, PERRON

BEER IQ Super refreshing (hell, why not chuck in a lime wedge?), this light-bodied lager is the perfect companion to spicy food, as its name suggests. R324 for a case of 12, leagueofbeers.com

THREE TRICKS TO A BETTER BEER

1 THE RIGHT WAY TO CRACK A COLD ONE

Ice cold? Not necessarily. "Beer is actually best tasted at room temperature to access the full flavour profile. But the reality is, in our hot climate, beer needs to be a refresher as well. To be a crowd-pleaser, keep your beers chilled," says Heyns. "The best way for you to get your beers chilled is the

most simple: ice and water. Chuck them into a cooler box, cover with ice and fill with water. There you go, the quickest and cheapest way to get beers chilled and ready for mass consumption."

2 TO CAN OR NOT TO CAN

"Counter-intuitively, the best way to store beer is in a can," says Heyns. A can is in

essence a mini-keg that is focused on the preservation of one beer, which is only opened when you need to consume it.

3 THE REAL VARSITY CUP IS YOUR BEER GLASS

No, not on your head or out of a jug, beer is best served in a glass. If you really want to taste the full aroma of the craft in front of you, a glass is the only way to go.

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National Treasure

Ziphozakhe Zokufa is a beauty queen destined for the silver screen

EVERYONE KNOWS ROLENE STRAUSS – the Miss SA turned Miss World – but the name you really want to look out for is Ziphozakhe Zokufa.

The 22-year-old from Port Elizabeth stepped into the role as the country's most beautiful woman after Strauss' departure – and we can't think of a fitter replacement. A student in Motion Picture and Live Performance at Afda, Ziphozakhe knows her way around an instrument, playing the piano, clarinet, ukelele and guitar.

She talked to us about making the big time, staying fit and how to *really* impress a beauty queen.

Your schedule filled up quickly after you claimed the Miss SA crown. How have you stayed in such great shape?

It can be difficult. There are so many commitments that come with being Miss SA but it's a great privilege so it's worth the extra effort. I don't really diet too much, but I do eat clean and healthy and squeeze in a workout whenever I can. I'm all about being healthy and embracing my curves.

What's the biggest thing you learnt about yourself?

I learnt that I'm a lot stronger than I thought I was. There were many challenges that arose along the way, but I managed to overcome them. As my stylist would always say to me, "It takes pressure to make a diamond."

If you could play any part in a film, which would it be and why?

I've done some acting in the past and often found the comedy roles most

enjoyable, but if I were to play a part in a movie, I'd love to channel a different character. Someone like the girl from *The Ring*. Something very unlike me.

Winter is the season when everyone starts hooking up. How can a guy tell if a girl is keen on heating things up over the cooler months?

[Laughs] It's funny how people always want cuddle buddies in winter! Well, if she's outdoors often, maybe you should take a hint when she's always indoors cuddling with you? Check for the smile. A girl that's

interested in you will smile when you start a conversation with her.

TV on the couch or great outdoors?

Ideally, I'd say a long drive to a rented lake house or cabin without phones or laptops. Roasting marshmallows by the fire would be epic.

Favourite place on Earth?

I've been fortunate enough to be travelling since a young age as a singer. I've been to over 14 countries and I never get bored of discovering

new places. But I'd have to say my favourite place is Paris. I've been there twice and I love it.

As Miss SA, you weren't allowed to date. Now that you're single and looking, any tips for a guy who wants to woo a beauty queen?

It's no different from any other girl: make her laugh! I absolutely love laughing. So a great sense of humour is always a winner for me when it comes to a guy. Just be genuine and open. Be a gentleman and treat her like she's a queen.



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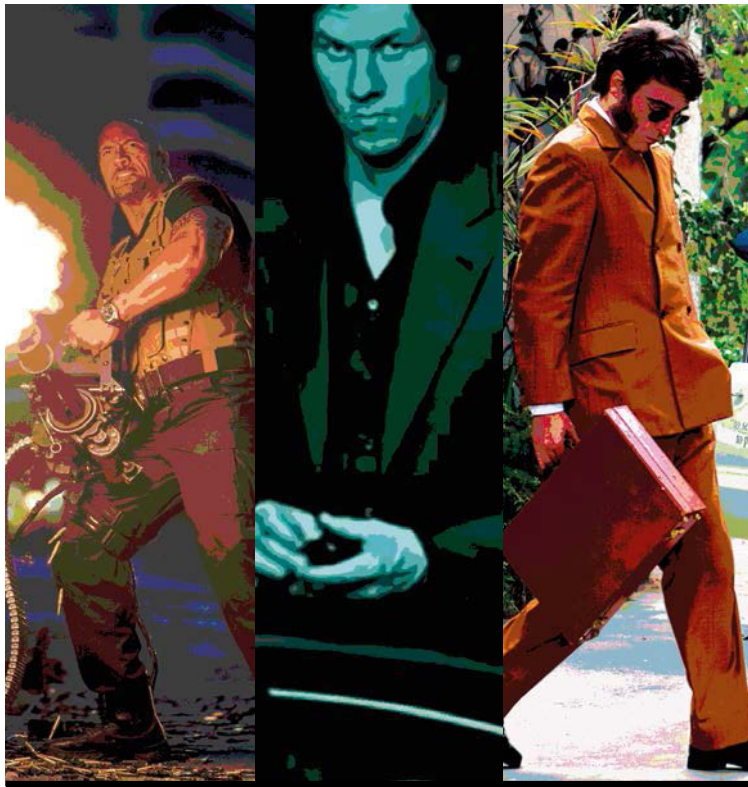
[@GarnierSA](https://twitter.com/GarnierSA)



Here's our firey take on the classic Negroni:
Combine 1 part fireball, 1 part rosso, 1/2 part Campari, 1/2 part Aperol and a dash of bitters in a tumbler. Stir. Garnish with zest of an orange.

The Hit List

The 12 things that'll make you smarter than everyone else (at least for this month)



1 / Furious 7

With fast cars and faster women, the franchise that lost a hero continues in the fashion we'd expect, picking up after the events of *Fast & Furious 6*. It won't win an Oscar, but it's more fun than *Schindler's List*. Leave your date at home – this is one for the guys. (Out 3 April)

2 / The Gambler

The plot: Mark Wahlberg plays a literature professor and yes-man who gets himself into some serious gambling debt. The kicker: he has seven days to make it big or he'll be sleepin' with the fishes. It's dirty, it's seedy and it's a remake of a 70s classic – so we're into it. (Out 27 March)

3 / Inherent Vice

Joaquin Phoenix, Benicio Del Toro and Reese Witherspoon. Not enough? Maybe a 70s crime drama about a drug-addicted detective who investigates the disappearance of an ex-girlfriend grabs you. Critics say the plot is complicated. We say it's the new *Fear and Loathing*. (Out 3 April)

GET OUTTA TOWN



7 / IMPI Challenge

Not your five-year-old's obstacle course. Taking place over two days at the Lielvand Wine Estate and Wiesenhof Legacy Park in Stellenbosch, you can choose between a 12km race with up to 20 obstacles or a 6km race with up to 9 obstacles. Tickets available from ticketpros.co.za for R300 and R400. (11 to 12 April)



8 / SA Cheese Festival

FYI, there's more to cheese than pizza and grilled sandwiches (not that those aren't awesome). The festival of sweet cheeses takes place at the Sandringham Farm. Expect cooking demonstrations, live music and, believe it or not, cheese art. Get your tickets from Computicket or at your nearest Shoprite or Checkers for R130. (25 to 27 April)



9 / AfrikaBurn

Probably the most unique South African festival there is. Why? Because there aren't any headline performers and you barter with other AfrikaBurners for any and everything you need (we recommend you pack extra sunscreen though – it takes place in the Karoo). Tickets are R900 and to buy one, you'll need to compile a bio at afrikaburn.com. (27 April to 3 May)

LISTEN UP!



10 / What For?

by Toro y Moi

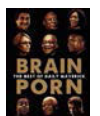
We love our chillwave as much as we love our hard rock and after his 2013 album *Anything in Return*, we can't wait to hear what Toro y Moi (or as his mates call him, Chazwick Bundick) is about to serve up. Expect to hear Beach Boys-like harmonies over trippy beats – perfect for trips to the beach. (Out 7 April)



11 / Dark Sky Paradise by Big Sean

When you're Kanye West's protege, the bar is set quite high. For the first time, Big Sean meets the expectations – and more. Consider the first single "I Don't F**k with You" your new "I'm over her" anthem, while the rest of the LP makes for a good warm-up before hitting the club. (Out now)

GET SMARTER



12 / Brain Porn

Daily Maverick writers shed light on everything from Guptagate to Parliament the only way they know how: with wit, insight and dangerously sharp critical thinking. Expect a selection of their best illustrations and tributes to Nelson Mandela too. (R171, Exclusive Books)

THE MONTHLY UPGRADE



4 / Cycloramic

This nifty app makes your phone rotate 360 degrees on a vertical axis and take panoramic images. It sets your phone's vibrator to go off and uses the accelerometer and compass to track the rotation as it captures the scenery while rotating on a flat surface. R25 on iOS and Windows.



5 / Podcast Addict

Love your podcasts? Always forget to download the latest episode? Then this is for you. It has a clean and simple UI so it's easy to use. Search for your favourite podcasts and subscribe to them manually, plus get access to podcast networks like BBC, ESPN and TED-Talks. Free on Android.

BIG BALLS O' FIRE!

6 / Fireball*

Winter is coming... Luckily, some fine gents have converted your favourite candy-coated memories into a legit bar-counter choice. Fireball, a cinnamon spiced whisky liqueur made with six secret spices, will warm you up. (R180)





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Well Versed in Attraction

What can a bunch of long-dead poets tell you about impressing women on Tinder? A lot, actually. These lines might just help you put the “couple” in “couplet”



01

Bag a Bold One

BY ROBERT HERRICK

A sweet disorder in the dress
Kindles in clothes
a wantonness

Delight In Disorder, 1648

THE 2015 VERSION

I really like your kooky dress sense – it's very sexy.

THE TINDER VERDICT

“Flirty lines work well to attract more outgoing women,” says psychologist Dr Jeremy Dr Nicholson. Confident people will be more receptive to the kind of result you want from Tinder too. “She’s likely to have taken a lot of care in picking her profile photo, so she’ll appreciate that you’ve noticed,” adds dating coach James Preece.

♥♥♥♥♥

69%

Of women judge men on their grammar

02

Tease Her

BY PERCY BYSSHE SHELLEY

Nothing in the world is single
All things by a law divine
In one another's being mingle
Why not I with thine?

Love's Philosophy, 1820

THE 2015 VERSION

It defies the laws of nature that someone as beautiful as you should be single. So how about we meet up and work on that?

THE TINDER VERDICT

While a study in the *Journal of Social Psychology* study found that women perceive men who use silly or playful pick-up lines as more sociable and confident, these men were also seen as less trustworthy. The former traits might increase your odds of sex, but the latter prevents a relationship from forming. A 3am Tinder fix will send a pretty clear message anyway.

♥♥♥♥♥

03

Act All Needy

BY MATTHEW ARNOLD

Come to me in my dreams,
and then
By day I shall be well again!
For then the night will
more than pay
the hopeless longing
of the day
Longing, 1852

THE 2015 VERSION

Stand me up in my dreams tonight and I don't think I'll make it through tomorrow.

THE TINDER VERDICT

“Good openers say something about a man's value as a mate,” says Nicholson. “This shouts desperation.” Rather upgrade your profile pic: *Social Psychology* found many women will consider a fling with men they find attractive, regardless of patter.

♥♥♥♥♥

04

Go in Strong

BY JOHN DONNE

Why should we rise
because 'tis light?
Did we lie down because
'twas night?
Break of Day, 1612

THE 2015 VERSION

If you were in my bed, nothing would ever make me leave it.

THE TINDER VERDICT

“Sexual openers are polarising,” says Nicholson. “So be prepared for rejection.” You don't need science to tell you women will be more receptive to this on a Saturday night than 3pm on Monday (unless it's a very slow day at work). And it will narrow your search too – studies show women with “risk-taker” personality types respond best to sexual compliments.*

♥♥♥♥♥

05

Play it Cool

BY WALT WHITMAN

Passing stranger! you do
not know how longingly
I look upon you...
I have somewhere surely
lived a life of joy with you
To a Stranger, 1855

THE 2015 VERSION

I can't believe we've only just been matched. Maybe we knew each other in a previous life?

THE TINDER VERDICT

A surprising number of people have an interest in spiritual ideas, says Preece, so there's a good chance this line could work. A University of Louisville study found women prefer innocuous lines to “cute” ones, so opt for a throw-away tone over a creepy, way-too-earnest one.

♥♥♥♥♥

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THE GIRL NEXT DOOR

Sex, dating, love and lust. Amelia Frenkel will now take your questions



My friends mock me for not making the first move at a bar. Suggestions?

RAJESH

Forget them. If you're afraid of what they think, you'll have even more reason to feel nervous when you cross the bar to chat up a woman. Besides, there are plenty of other ways to meet women and there are no rules about who makes the first move. In fact, it's often the quiet, mysterious friend and not the flirty, overly confident one who is way more intriguing. But don't miss out on opportunities. Make eye contact, smile. If it's reciprocated, move quickly.

To emoji or not to emoji?

DEAN

Thing is, girls love emojis. I've had entire conversations with girlfriends, LOLing as we try to tell a story with the most obscure symbols. But that is not what I want from a man. SMSing is ambiguous enough without 60 facial emoticon variables, and it's just too easy to blow kisses over iMessage instead of really saying what you mean. Much like chilli, use sparingly and with caution for the consequences the next morning.

I've had two past girlfriends tell me I was "great on paper" before they called it off. What exactly does that mean?

AARON

It sounds like a cop-out along the subtle, but ultimately misleading lines of "I think we should just be friends". Charming, cute, successful – you obviously tick all the "right" boxes, but she's not feeling the chemistry. Don't let this get to you so that you feel like you have to overcompensate or "sell" yourself next time. Move on and trust that those qualities will be appreciated somewhere there's a spark.

Is there a surefire way to tell whether she's into me or just being nice?

SIPHIWO

Animated engagement is probably the most conclusive sign – making eye contact, laughing at your jokes (even the ones that aren't really funny) and

cracking a few herself, asking questions and listening intently, and not letting her eyes slide around the room or to her phone. Touching her face or you, and flicking or playing with her hair are potential signs too.

I'm fixing up my place, and I don't want it to be a tacky bachelor pad. How can I make it woman-friendly?

ANDREW

In general, the sad bachelor pads I've seen tend to pride practicality over aesthetics – "Look! This duct taped lampshade is as good as new," "Yes, this giant velvet 8-seater partially obstructs the kitchen door, but hey, the landlord said I could keep it." I'm not advocating cookie-cutter, catalogue-bachelor style either. Look out for statement pieces that show you have an interest in your surroundings. Start by clearing the clutter, but don't hide away all traces of your personality that make for good talking points when she comes over for the first time. Finally, think about her comfort – and yours. Invest in some good-quality linen and towels that you change regularly, and an ultra-soft throw for comfy cuddling on the couch.



Follow Amelia on Twitter @MH_girlnextdoor or email your questions to girlnextdoor@mh.co.za

MORNING GLORY

3 morning sex positions to start the day right



1. DOGGY STYLE

Energy level 65%

Coordination 50%

From here, you can encourage her to experiment. "While we're half asleep we can bypass our busy minds and experiment in ways she may normally resist," says Dr Tammy Nelson, author of *Getting the Sex You Want*.



2. MISSIONARY

Energy level 100%

Coordination 25%

This puts pressure on her bladder, which is good news. "When women tighten to control a full bladder it's the same musculature used for orgasms," says Lou Paget, author of *How to Be a Great Lover*.

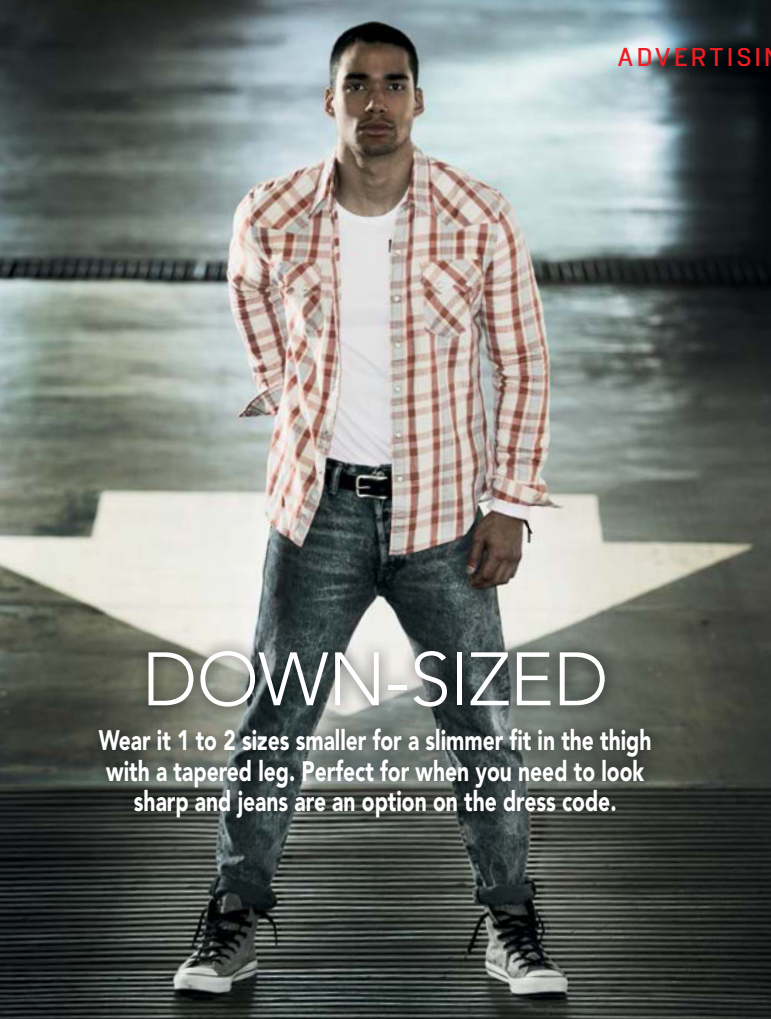


3. T-SQUARE

Energy level 12%

Coordination 65%

"The 'T' shape is a great low-energy morning position," says sex blogger Betty Herbert. Lazy morning sex at its best.



DOWN-SIZED

Wear it 1 to 2 sizes smaller for a slimmer fit in the thigh with a tapered leg. Perfect for when you need to look sharp and jeans are an option on the dress code.



TRUE-TO-SIZE

Wear your actual size for a classic, regular fit in the thigh with a tapered leg. If you like your style on the rugged side topped off with a pair of boots, this is the look for you.



UP-SIZED

Wear it 1 to 2 sizes larger for a more relaxed fit in the thigh and a more extreme taper. Worn like this, they have a drop-crotch to give you the best of both a baggy and slim fit – ideal for adding some edge to your casual outfit.

Levi's® 501® CT

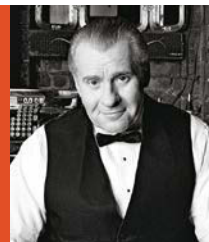
A classic 501®, now with a tapered leg

For decades, the Levi's 501® – the original pair of jeans that started it all – has been a staple in men's wardrobes all over the world. This year, the classic straight-leg and relaxed fit is getting a makeover: enter the new 501® CT – customised and tapered by them, so you don't have to. It comes in different washes (including bleached, acid washed and original blue and everything in between) and three ways to wear, all versatile and perfect for any occasion, whether it calls for a button-up shirt and blazer or a T-shirt and sneakers.



JIMMY THE BARTENDER

Straight up advice on women, work and other things that screw up men's lives



I'm new in the office, so to bond a bit, I've given all the guys a nickname. Why don't they like me yet?

When I was a kid, my friend Kyle's dad anointed me with a nickname only a clean-cut, khaki-wearing, ex-army man man could: "Jimster." I hated the name generally, but somehow it felt okay coming from him. But when Kyle called me Jimster, I told him to f**k off. The point? Act your age, or at least your pay grade. If the boss thinks it's clever, humour him. But don't belittle your peers in some forced attempt at camaraderie – they'll just avoid you even more.

My boss loads me with work that he doesn't want to do, and it's affecting my actual work. What's my move?

I used to have a guy working here at the bar. Good kid, hard worker, knew our systems like the back of his hand. I even had him pegged to take over from me one day. So I started giving

him some extra tasks, to see how he'd handle some responsibility. Before I had the chance to give him the raise he deserved, he was gone, mumbling something to the kitchen staff about "doing all of Jimmy's work for him". I never found out what happened to that kid. Last I heard he was looking for work.

I accidentally sent my friend's girlfriend a dick pic that was meant for my girlfriend. Now she's being extra nice to me. What do I do?

Wait. Wait. Just... wait. You accidentally sent a what of your what to who? Oh man, stories like this are why I love my job so much. You stuffed this one up,

buddy. Good and proper. All that's left is to 'fess up and explain yourself. Come clean to your mate, come clean to your girl, come clean to the other girl, and hope to high heaven that they all have a sense of humour about it. Look, one way or another, this story is going to come out. Best you put yourself in charge of when and how that happens. Before you go: if you were reading anything into this girl being "extra nice" to you, don't sit there and tell me you "accidentally" sent anything to anybody.

I'm almost 28. When will my taste-buds accept whisky as a suitable drink?

At this rate? Probably never... but don't beat yourself up about it. I've got plenty other bottles on the shelf: rum, brandy, cognac, whatever fancies your tickle. But before you pull the plug on the single malt, I'll let you in on an old trade secret. If you're still acquiring a taste for whisky, try adding a splash of water to open it up. As you get used to the taste, try again with less and less water.

My brother is doing nothing with his life. How do I tell him to pull his finger out?

You don't. That's your parents' job. Your job is to encourage him when he tries, and celebrate with him when he succeeds. (You're paying, I'm pouring.) Chances are, he's probably getting the whole "Why can't you

be more like your brother?" number already – either from your folks, or from himself. He doesn't need you rubbing that in even more with a well-intentioned pep talk. Bite your tongue, and be his brother... or at least his bro.

I take a "sickie" every now and then instead of using my annual leave. That's fine, right?

I'll save the "boy who cried wolf" story for someone who's actually listening, and leave you with this: sure, that's fine – as long as none of your sickies ever happens to fall on a Monday, a Friday, your birthday or the morning after you've plastered drinking-funnel selfies all over your Instagram feed. Look, your boss isn't an idiot – and even if he is, your colleagues sure as hell aren't. Last thing you want is to start getting a name for well-timed tummy bugs.

One of my best mates always goes after my old girlfriends. What's up with that?

Beats me. I guess people are just like that sometimes. Who cares? There's a reason you're not with any of those girls anymore. If it's bothering you, ask him about it. Maybe he thinks you have taste. Maybe he wishes he was more like you. Or maybe he's just like that.



Follow Jimmy on Twitter
@MensHealthJimmy



ALPHA MALE

Defy Death at the Office

Nik Wallenda has walked blindfolded between two Chicago skyscrapers on a ribbon-thin wire. No net, no harness. Here's how the tight-rope walker stays sharp when the stakes are high – and how you can elevate your own career.

Practise Pushing Your Limits

"In training, I have people shake the wire, hit my pole, try to shove me off," Wallenda says. "If I know the winds on the day of a walk might be 80km/h, I turn the wind machines to 140." Prepping for worst-case scenarios helps Wallenda stay calm at go time.

Visualise Victory

As mental preparation, Wallenda spends hours scoping out the terrain and imagining himself conquering it. "When the time comes, I feel at ease because I have a mental picture of myself doing the walk," he says. You can use similar techniques for important meetings. Picture where you'll stand, what you'll share and how confident you'll be.

Lust for Leather

Our favourite autumn style essential: pleather trim

Leather isn't just for Hollywood movie outlaws and bearded Hell's Angels – it's for the everyday gent too. A jacket with pleather trim can upgrade your style in an instant, and look more dapper than denim. Wear it over a collared shirt and jersey to work or a hoodie on the weekend, with jeans or chinos. With Edgars' wide range of leather and pleather items in various styles and fits, there's one for you and almost any situation.

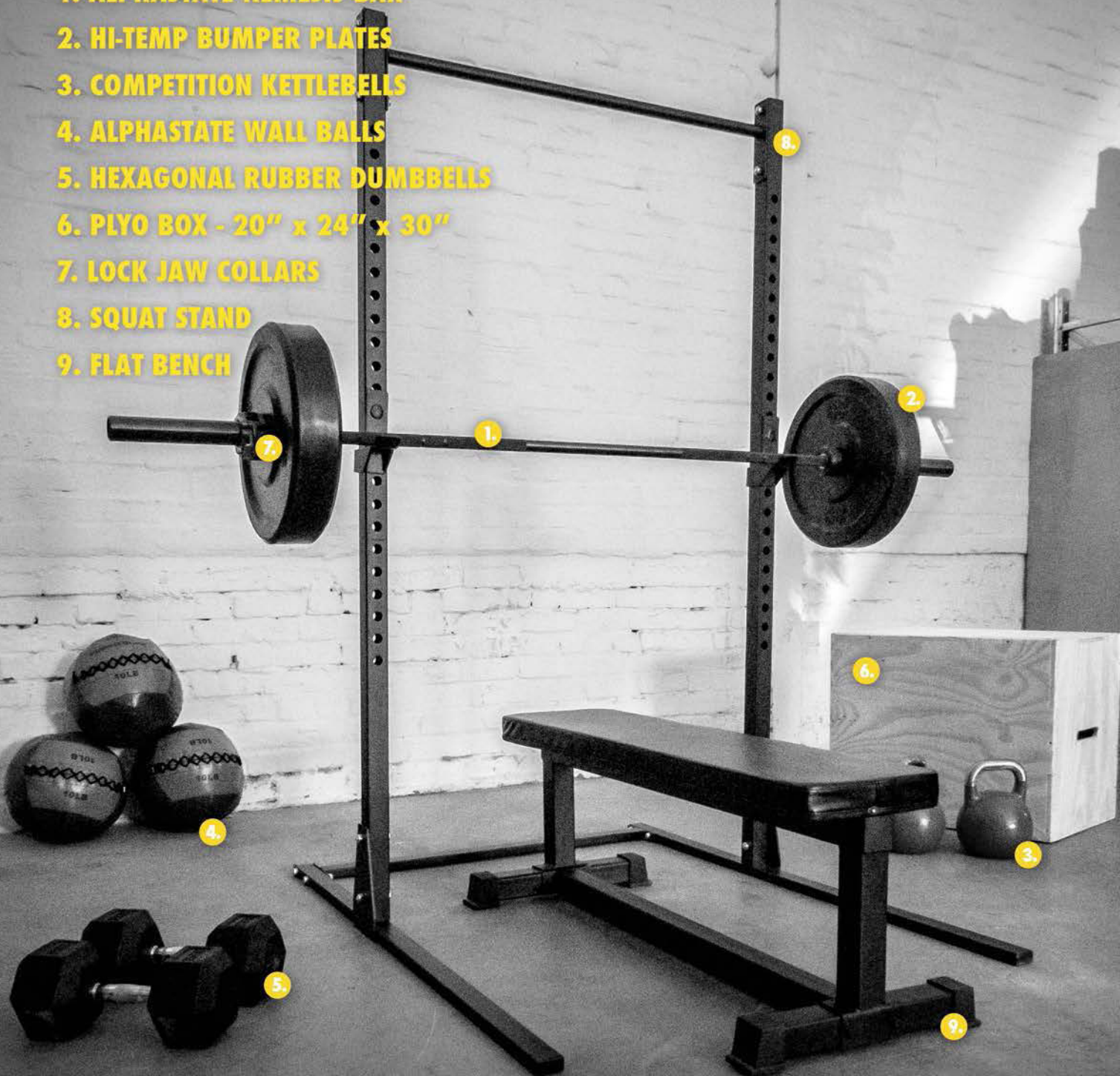


Add a sophisticated edge to your look with accessories that incorporate pleather details – a belt, backpack, briefcase or messenger bag.



For the office, go with dark-washed denims. Then roll up the hems for an after-hours look.

1. ALPHASTATE NEMESIS BAR
2. HI-TEMP BUMPER PLATES
3. COMPETITION KETTLEBELLS
4. ALPHASTATE WALL BALLS
5. HEXAGONAL RUBBER DUMBBELLS
6. PLYO BOX - 20" x 24" x 30"
7. LOCK JAW COLLARS
8. SQUAT STAND
9. FLAT BENCH



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Tailor Your Diet to Bulk Up or Lean Out

NUTRITION /P54

One Move for Overall Strength

UPGRADE /P68

Build a V-Shaped Body With Wide-Grip Pull-Ups

CHALLENGE /P56

Take Your Training with You with These Gym-Bag Tools

HARDWEAR /P60

HOW TO LOSE 14KG IN 6 MONTHS

FROM FAT TO FIT

US MH fashion director Brian Boyé's step-by-step plan /P64



TRUE STORY

Michael Gombart lost 23kg, cut his cholesterol and became a sponsored athlete
WEIGHT LOSS /P58

MUSSEL UP VS LEAN 'N MEAN

The Moules Marinière earns its fancy name: in 15 minutes, you can turn it into a bulk-building leviathan or a fat-shredding catch of the day

01 PREP (3MIN)

These nutrient-packed bivalves make a perfect base for a bulk-adding or fat-stripping meal.

"Mussels contain 70% of your RDA of zinc, which boosts muscle-building testosterone," says nutritionist Caroline Farrell. "They're lower in saturated fat than most meats, making them good for weight loss, too." Wash them thoroughly and bin any that don't close when tapped.

02 BASE LAYER (8MIN)

Now fry the chopped shallots and garlic – a pair of vacuum vegetables. They're packed with allicin, a chemical which sucks up nutrients from other ingredients, whether you're stockpiling muscle or stripping away fat. Give them 5min and slice the spring onions.

03 COMBINE AND CONQUER (10MIN)

Like that Mila Kunis dream you once had, this dish reaches climax too quickly, so get all the ingredients ready. Throw in the spring onions with a big squeeze of lemon: "The acid lowers the absorption of sugars, preventing them storing as fat," says Farrell.

04 SUPERSIZE!

Add chopped chorizo, sweating it on a higher heat. Throw in the mussels, cover and leave on a high heat for 3min. Then stir through the yoghurt and crushed almonds.

05 ...OR DOWNSIZE!

Add the evaporated milk, wine, parsley and diced chilli. When it reaches the boil, add the mussels, put the lid on and steam for 3min.

06 BIG FINISH (15MIN)

Add pepper, then chuck them all into a serving bowl. Ditch any that haven't opened: a dose of bottom-feeder's belly isn't a fun way to drop weight.

INGREDIENTS

- Mussels, a big bag
- 2 shallots
- 4 cloves garlic
- 4 spring onions
- ½ lemon
- 3 big glugs white wine
- Splash olive oil

SUPERSIZE!

- Chorizo
- Greek yoghurt
- Handful almonds
- Sourdough baguette

DOWNSIZE!

- ⅔ can evaporated milk
- Chilli
- Parsley

SUPERSIZE

PROTEIN:
47g





DOWNSIZE

A POWER PORKERS

Enter the Spanish Armada: along with even more protein, chorizo brings a dose of thiamin, which helps your body make the most of the 22 amino acids needed to repair muscle fibres.

B TOUGH NUTS

Spain strikes again – throw in selenium-packed almonds to aid protein synthesis, and you're 10min away from the most potent seafaring muscle mix this side of Atlantis.

C YEAST IS MORE

Eating high-GI white bread immediately after a workout stimulates your insulin-like growth factor-1 (IGF-1): essential for building muscle. Always go sourdough; the fermentation process breaks down gluten, so no intolerance issues.

A DAIRY LEAN

You'd never think a creamy dish could help you lose weight, but ingredient swaps make it possible: "With evaporated milk you lose the fat, but keep the texture," says nutritionist Caroline Farrell. You won't miss the cream, but you will swap a staggering 90g of fat per 250ml with the evaporated milk's belt-tightening 10g.

B HERBAL HELPER

"Parsley speeds up digestion, helps remove toxins from the body and stops water retention," says nutritionist Ian Marber. Common it may be, but parsley is certainly not ineffective.

C FAT ON FIRE

The red heat speeds it all on its way. "Fresh chilli is one of the best guns in your armoury for fat loss. It spikes your metabolism and helps the uptake of nutrients, which can stop your hunger," says Marber. All you need to do now is avoid those mayo-slathered slap chips.

kJ:
1628



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SLEEVE-BUSTING ARMS

A THICKER, WIDER TORSO

MAKE EVERY DAY A **V-DAY**

Build a wide, V-shaped body with a move that can be done almost anywhere, for free

01 / TAKE YOUR GRIP

Start your pull-up with palms facing forward. Ensure your arms are fully extended before each rep – absolutely no bend in your elbows. “If you don’t go to a dead hang each rep, it’s not a pull-up”, says calisthenics master Chakabars, founder of urban training collective Spartanfam (check it out at spartanfam.com).

02 / PULL TOGETHER

Focus on dragging your shoulder blades down and together, rather than yanking yourself up. “It will activate your lats and build more of the width you want across your back,” says Chakabars. Your arms will thank you for recruiting more of your back with the pulling: there’s more muscle mass on your back.

03 / CORE REACTION

Don’t use any kind of kick or swing to get your body up to the right height. “Tense your abs as you pull with your back to keep your torso and legs solid,” says Chakabars. If you do kick around, go back to rep one. These must be done strictly (every rep) for them to count in this challenge. You’ll get more muscle growth this way.

CAUGHT ON CAMERA!

Pick your spot, bang out 10 reps, then post your video with the hashtag #MHPTchallenge

[#MensHealthSA](#) [#MensHealthZA](#)



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Michael Gombart fixed his cholesterol – and became a professional athlete – through sheer hard work

THE BELLY OFF! CLUB



AGE

26

LOCATION

Cape Town

OCCUPATION

Founder of outpost-running.co.za

HEIGHT

1.74m

WEIGHT BEFORE/AFTER

92kg / 69kg

TIME TO GOAL

12 months

THE GAIN I was 25 years old, a party animal and truly FOMO-phobic – I accepted every invite, went to every party. But I was also the guy on the beach with a shirt on, too shy of my pudgy belly. I had an old-man's cough from all the smoking I was doing.

THE CHANGE In December 2012, I had a huge wake up call. While driving in the holiday season, I suddenly experienced sharp pains in my chest, difficulty in breathing and pains shooting through my shoulder, down into my arm. I got my doctor on the phone, and he guided me to the nearest hospital. The doctors were amazing, but I could see the distress of my parents as they saw me hooked up to the medical equipment. At one stage I wasn't even allowed to sit up. It was an acute panic attack, but they also found I had very high cholesterol, which was

another shock for me... I was only 25! In July 2013 I got an extra boost as I attended the Knysna Oyster Festival. Having watched friends take part in the events, I felt motivated, but at the same time disappointed, as I also wanted to compete.

THE STRATEGY The first thing I did was to leave my business behind. The stress is not worth the reward. I then got into a regular Pilates routine at TSG Pilates Studio (thestudiogroup.co.za). To add to the core work, I started running and worked out a good eating plan. After playing around with a LCHF diet I ultimately found that simple, clean eating was the way forward. I also stopped drinking and smoking.

THE REWARD I took on the Knysna Big 5 Lite Challenge this year and realised my dream of standing at that

podium: I placed third. I was elated. I've also been able to run a PB half-marathon in 81 minutes. My love for running and fitness became my new career – it inspired me to take the leap in starting an online running store and community. My skin has cleared up and I'm now more than happy to take my shirt off and head for the beach.

THE RESULT I'm 22kgs down, have normal cholesterol levels and some great multisport and trail running results. My Vitality age is down by 10 years, from 34 to 24, and I've become a brand ambassador for Pearl Izumi SA and a member of Powerbar SA Team Elite.



We want to hear your weight loss and personal success stories! Email us at tellmh@media24.com



COACH'S CORNER

Blaze a Trail

Gear up to hit the finish line faster at your next trail race. All of these high-quality products are available from outpost-running.co.za

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Lightweight, responsive and very grippy. Perfect for any trail work and all kind of weather conditions. R1 550

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3. BASELAYER: Brave Phoenix Freedom

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4. HYDRATION Ultraspire Alpha

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5. TECH

Garmin Forerunner 620 Bundle

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02 / ENDUROMAX 2.0 JUMP ROPE (310g)

Call it what you want: skipping, speed or jump rope, this boxing classic still provides one of the best ways to get fit, and to warm you up before a workout. It's lightweight and durable, but make sure you roll it up before stashing it. Your challenge? Double-unders and cross-overs. **R325** rebelstore.co.za



03 / FAT GRIPZ (300g)

These grips fit over pull-up bars, dumbbells and barbells, and increase muscle activation by targeting the body's weak links, particularly your grip, wrist and forearm strength. Made from a high-density rubber compound, they're durable and will give you Popeye-like arms quickly. **R125** (small, 50mm) **R299** (large, 60mm) rebelstore.co.za



04 / BRIGHT WEIGHTS SLIDERS (100g)

These are tough, round disks that slide easily on smooth floors. Use them to train your core putting them under your hands and feet during exercises. Our personal core-killing favourite: the slide push-up. Do a normal push-up, but let one arm slide out in front of you for each rep. **R225** [BrightWeights](http://BrightWeights.com) 021 788 9343



05 / SPORTLINE ECONOPORT STOPWATCH (230g)

A timer? Can't I just use my phone? Yes, but this is way easier, water- and shock-resistant, hasn't got battery issues and stops you from looking at Kayla Itsines' Instagram page all the time... Use it to do Tabata work. **R120** [Sportsmans Warehouse](http://SportsmansWarehouse.com)



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THE DEADLIFT

Transform a classic exercise into a total-body supermove in six steps

▼ **THERE'S A REASON SO MANY** trainers consider the deadlift the king of all exercises: few other moves recruit more muscle. In addition to your glutes and hamstrings, it hits your shoulders, quads, core and back – if you do it right. “Most guys don’t,” says Tony Gentilcore, cofounder of Cressey Sports Performance. Sure, you know the basics (keep the bar close, don’t round your back), but if you follow Gentilcore’s tips on this page, you can finally realise the move’s full potential.

1 TUCK YOUR CHIN

In fact, make it a double. You’ll align your entire spine, reducing your risk of injury and increasing power and stability.

4 DON'T JERK THE BAR

Lock your elbows and keep tension on the bar. Use a mixed grip to strengthen your hold and boost stability.

2 KEEP YOUR BACK FLAT

Overarching is just as bad as rounding. For a “neutral” position, pull your shoulders towards your back pockets.

5 SET YOUR FEET

Position them narrower than hip width to reduce the stress on your knees and to keep your form tight from start to finish.

3 MOVE YOUR BUTT

Push your hips back as if you’re trying to close a door with your behind. Never let your hips fall below your knees.

6 SWITCH PERSPECTIVES

Think about pushing the ground away instead of pulling the bar up. That will help keep your focus on your lower body.



COACH'S CORNER

HUMP THE BAR

The deadlift is all in the hips. As you near the top of the movement, thrust your hips forward and squeeze your glutes so you end with your legs straight. That will maximize your muscle activation as well as the power of each rep.





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EIGHT STEPS TO SLIM

Has your success gone to your gut? It did for the US *MH* fashion director, who set out to lose 14kg in 6 months

BRIAN BOYÉ WAS JUST TOO GOOD AT HIS JOB.

On the outside, everything looked good. As executive fashion director for *Men's Health* US, he knew how to hide excess kilos. "I wore jerseys and loose clothing," he says. "I untucked my shirts when I wore blazers, and I chose colours and patterns, like black and stripes, that helped me look lean." But nothing could hide the lethargy he was feeling inside.

Brian's problems had begun two years earlier, in 2012, after a health crisis landed him in the emergency room. "I was sure I was having a heart attack," he says. He wasn't – in fact, tests revealed that his coronary artery was spasming, a serious but treatable condition called Prinzmetal's angina. "It really freaked me out," Brian says. "I started spending more time on the couch and binge-watching TV."

Around the same time, his workout buddy moved to Bangkok, and with him went Brian's motivation to exercise. For two whole years he made excuses. He was too busy to hit the gym, too rushed to eat well and too immersed in his job to care. But all that changed in April 2014, when he stepped on a scale during a visit to his cardiologist's office. "I was 14kg overweight," Brian says. In an instant, he became a statistic – one of 69% of Americans who are overweight or obese – and found himself at risk for a range of new health problems, such as coronary artery disease and type 2 diabetes.

"It was brutal," Brian says. "I felt embarrassed and ashamed." For the first time in two years, he also felt motivated. It took six months, but he lost the weight, put on muscle, and became a man he was proud to face in the mirror. Page over to see how he did it – and how you can too – by the numbers.



A SLIMMING COMBINATION

Torch fat fast with this three-move sequence

1 / PUSH-UP AND ROW

Grab a pair of dumbbells and assume a push-up position. Keeping your elbows tucked, lower your chest until it's a few inches from the floor. Push up. Row one dumbbell and then the other to the side of your chest. That's 1 rep.

2 / T-PUSHUP

Lower your chest again. As you push up, raise the weight in your right hand toward the ceiling and rotate your torso so your body forms a T. Lower the weight and repeat, this time raising the one in your left hand. That's 1 rep.

3 / MOUNTAIN CLIMBER

Lift your right foot and bring your knee as close to your chest as you can. Touch the floor with the toes of your right foot; then return to the starting position. Repeat the same move with your left leg. Alternate quickly for 5 seconds. That's 1 rep.

DIRECTIONS

Do 1 rep of each move to complete 1 complex. Don't pause between moves; each one starts in a push-up position so you can move immediately into the next move. Do up to 10 complexes total (no rest) once or twice a week during a normal workout.



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1/ NUMBER OF SCALES USED TO TRACK HIS WEIGHT

People who weigh themselves often are more successful at dropping weight, according to a study in PLOS One. And recording your weight can help you be more mindful of what you eat and drink, says David Katz, a *Men's Health* weight-loss advisor. Brian keeps a log on his fridge.

45/ DURATION OF SPIN CLASSES (IN MINUTES)

"A friend suggested that I try SoulCycle," Brian says. Now he goes twice a week, in addition to cycling outdoors with friends on weekends. "That camaraderie is hugely beneficial to weight loss," says BJ Gaddour, *MH* advisor and fitness coach. "The more social you make fitness, the more likely you are to be consistent."

60/ DURATION OF BOOT CAMP SESSIONS (IN MINUTES)

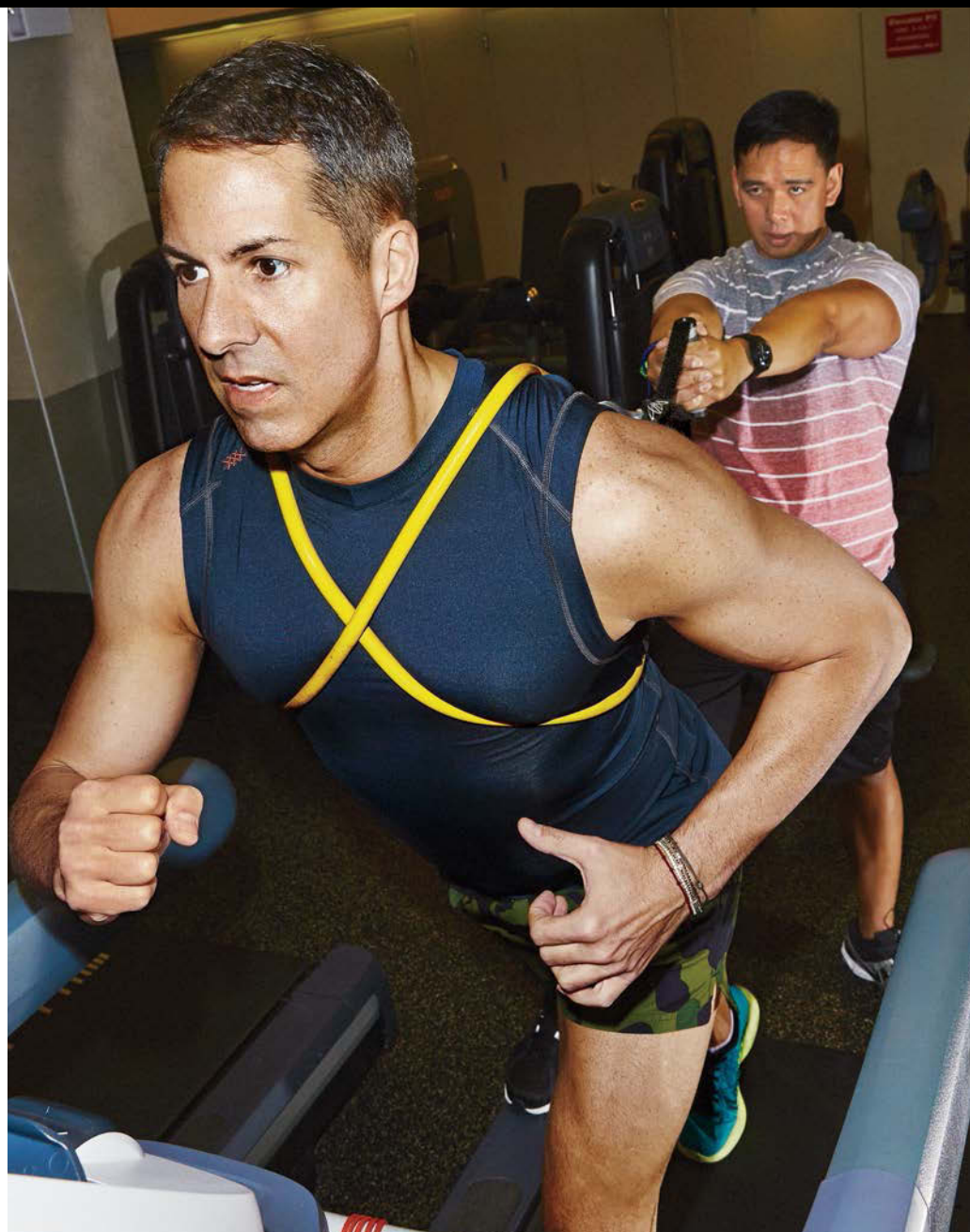
Military-style workout classes, like Barry's Bootcamp (which Brian attends twice a week), focus on intense total-body intervals. "Combining resistance and cardio continues to be the gold standard for lasting fat loss," says Dr Katz. Group training inspires plenty of friendly competition, so members always give their all.

500/ MLs OF DAILY MEAL-REPLACEMENT SHAKE

"I combine apple, kale, spinach, ginger and lemon," Brian says. The nutrients and fibre curb hunger for hours. "Kilojoule-controlled replacement shakes are a time-tested way to lose weight," says Professor Mike Roussell, author of *The Six Pillars of Nutrition*. "They also cushion you against those times when you have less control over what you eat."

14/ NUMBER OF DAYS IT TOOK TO DROP THE FINAL 5KG

Brian followed a clean-eating diet created by Burn & Build Body. He restricted his carbohydrates and kilojoules; emphasised fruits, vegetables, and fish; and drank a pea-protein smoothie daily in place of a meal. "Being overweight is like wearing a weight vest," says Gaddour. "Lose the vest, and you'll feel like a new man."



12/ NUMBER OF MILES BRIAN RUNS EVERY WEEK

"I always listen to music when I do cardio – it makes the miles go by faster," Brian says. It also helps him push harder. "Music not only moves the soul but also lowers your perceived rate of exertion," says Gaddour. The key, he adds, is to play tunes that inspire you. "The right song can give you a burst of adrenaline too."

90/ PERCENTAGE OF WEEK-NIGHTS HE COOKS AT HOME

On the rare occasions when Brian does eat at catered events (which he attends almost every evening), he fills up on vegetables and protein and skips the sauces and rolls. "Eating out can take away dietary control," says Katz. "So it's important to have an eating strategy or to make sure you have food waiting for you at home."

↑
LIGHT SPEED
Men's Health US fashion
director Brian Boyé
ratchets it up.



COACH'S CORNER

Blurb for these training questions will go over here

Should I be lifting to failure every time?

Much like your car, your body will break down if you redline it too often. When you lift to failure during every exercise (as many guys tend to do), you increase not only your risk of injury but also your production of stress

hormones and the time you'll need for recovery. Instead, schedule an occasional "reach day" or "reach week" when you lift to failure. Otherwise, leave a rep or two in the bank during each set. That way you can maximise your gains without overtraining your muscles.

What should I do on the days I don't have time for the gym?

Do two- to three-minute blocks of body-weight exercises throughout the day. This is called chain training, and the activity doesn't have to be too strenuous; low to moderate intensity is

the key. You can focus on a single move, like a lunge to high-knee or a deep squat, or combine a few moves in a mini-circuit. Individual activity blocks might not feel that taxing, but the cumulative effect – busting stress, torching kilojoules, and boosting mobility – can

be profound. Download Layar to your smartphone and then scan this page to check out my favourite chain-training exercises.



David Jack is the owner of ActivLab in Phoenix. Follow him on Twitter at @davidjack1

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THE BIKINI TRAINER

Kayla Itsines, the Internet phenomenon behind the *12 Week Bikini Body*. Here's what you can learn from one of the world's most successful coaches

WE'VE GOT TO THANK KAYLA FOR A LOT OF THINGS. BUT MOSTLY IMPORTANTLY, she's the single reason why millions (that's right, six zeros) of women are getting back into bikinis. This 24-year-old dynamo is the brains (and body) behind the brand, and she is the perfect role model – which is why her brand does so well in all different types of media. She also has sound advice to give, and she cleverly varies both the intensity and moves in her circuits to get both the best results for her clients (wherever they are in the world) and to keep the training interesting.

SHE SAYS

• I FOLLOW MY OWN BIKINI BODY TRAINING GUIDE

My weekly training includes three resistance training sessions, as well as one HIIT (high intensity interval training) and two LISS (low intensity steady state) sessions. It's important to find a training regime that works for you. Depending on what type of look you want to achieve, choose a training method that aims for those results. My method has a large focus on only using the space of your own body and maintaining a high intensity.

• HER BIGGEST FRUSTRATIONS

Girls often fluctuate between taking their health seriously, overdoing it and then not caring at all. This “yo-yo” attitude is one of the common causes of fatigue, loss of strength and weight gain. The most important word when it comes to living a healthy, fit and strong lifestyle is *consistency*. It won't happen overnight, but if you keep up a routine, your body will reward you.

• ON SOCIAL MEDIA

It can definitely help your own progress to see others doing the same thing. Use them as inspiration – but ultimately, it's you who will need to push yourself and work hard. Be your own motivation.

• BIGGEST TRAINING TURN-OFF

Men using their “outside voice” at the gym. It can be distracting when you're trying hard to focus but you hear everything about their routine, what they did on the weekend, their girlfriend problems... pretty much their entire life by the end of your session.

• FEWER MOVES, HARDER EFFORT

One of the biggest obstacles that men and women can both relate to is time. Finding the time to workout is definitely the hardest training obstacle for most people. After conducting extensive research while developing my *Bikini Body Training Guide*, I found that you don't need to slave away at the gym for hours and hours to achieve results! Which is why I based my training method on achieving maximum results, in as a little time as possible.

TRAINING TIPS

Favourite Move: Box Jumps

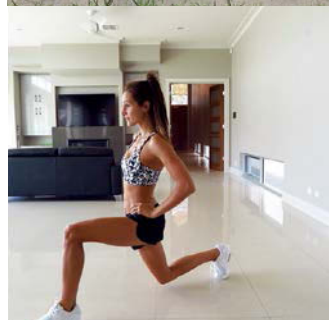
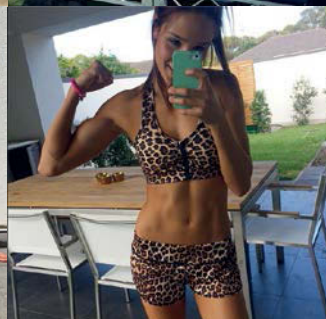
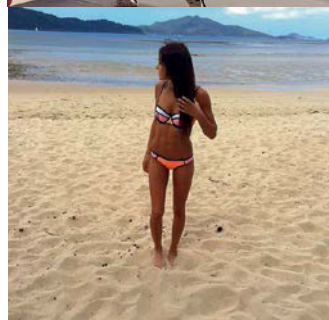
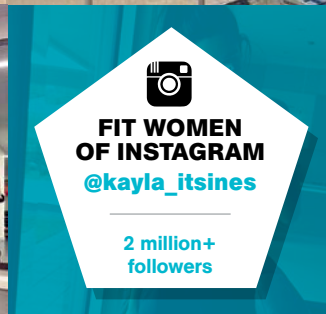
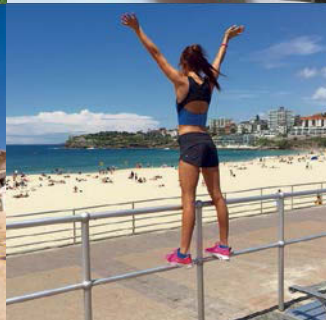
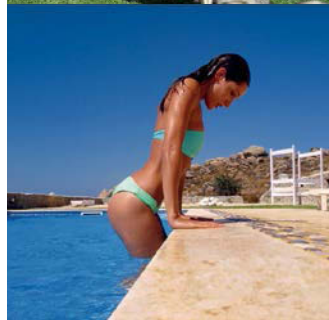
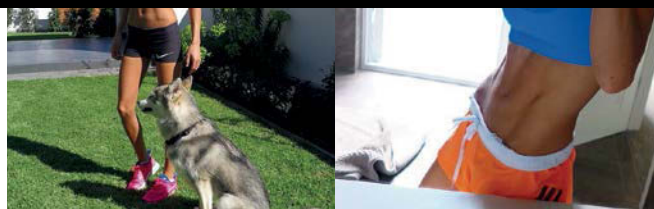
My personal favourite! They're definitely challenging but rewarding at the same time. It's an exercise where you can really gauge your own personal progress as you gradually build confidence and strength, and are able to jump at higher elevations.

Favourite Equipment

I've developed my training method around the fact that you don't need access to a gym or a huge supply of expensive gear in order to achieve results! It's a combination of dedication, consistency and pushing yourself. A skipping rope, a bench or step and some dumbbells can be all you need!

48 and 2

Kayla can do 48 fast push-ups and 2 Aztec push-ups in a row, without losing quality of technique.



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DOING**

01 / THE PUSH-UP

Get into a push-up position with arms extended, grasping a pair of dumbbells. Lower your chest to the floor and pause for 2sec, then push yourself back up.



02 / THE ROW

Raise the dumbbell in your right hand up to the side of your chest. Then lower it to the floor. Now do the same with your left.



03 / THE CRAWL

"Walk" the dumbbell forward, one step at a time. Then bring your feet forward. Do 3 steps with each hand, while keeping your core tensed.



05 / THE JUMP

With your dumbbells at your sides. Bend your knees and squat. Jump up explosively. That's 1 rep of the death crawl. Aim for 2-3 sets of 5-10 reps.



04 / THE RISE

Jump your feet forward and stand up, much like you would when performing a burpee.





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My Month of Holy Hell

Could you survive for 30 days without breaking any rules, causing harm or taking moral shortcuts? Our writer tried – and almost refused to tell us about it

ONE MORNING, AFTER MY DAUGHTER'S SWIMMING practice, I ordered a takeaway breakfast for us at a coffee shop: two egg-and-bacon croissants. I paid the cashier, grabbed the bag off the counter and hustled out the door. Down the street, my kid and I had just taken our first bites when I looked at the receipt. "Crap," I said, midmouthful.

"What?" my daughter asked.

"We have to go back."

It was fortuitous timing. A couple of nights earlier, I'd accepted a challenge to behave

100% morally for an entire month. No lying, no lawbreaking, no shortcuts. I was to do the right thing – every minute of every day.

We marched back to the shop. I explained to the woman at the counter that she had charged me for just one croissant. She wrinkled her nose, confused.

"I owe you," I said. "Money."

Only then did she realise what I was doing. "I've never seen this," the woman said, taking my cash and staring at it in disbelief.

"That's karma. I believe in it. You'll see."

Thirty-one days later, I'm still waiting.

I've always been the good guy, the responsible one. I'm the neighbour you put in charge of watching your house while you're away. I'm the one you call when you need advice. I don't smoke. I volunteer. I've been called a Mormon missionary, a Boy Scout.

So what does an already good person do when he's already, well, moral? He cleans up the edges of his life, those areas he's neglected for lack of time or money or convenience. In a masochistic sort of way, the idea of morally outdoing myself was exciting. I figured I was good by default; now I'd have to question it.

I phoned up Darcia Narvaez, a psychology professor at the University of Notre Dame who studies morality and behaviour. She explained why my project wouldn't be easy: Our basic moral responses are probably programmed by the time we're three years old. "If your parents

were responsive, then you might have a more egalitarian approach," Narvaez told me. And if they weren't, you may have learned to watch your own back before helping others. Whether you're selfish or openhearted, said Narvaez, Mom and Dad definitely played a role.

I was raised by loving, attentive parents. Maybe that's why I was so eager to embark on my morality trip, and why I made sure it infected every part of my life. I stopped speeding on my way to work. I went to church. I parked the 4x4 and drove my fuel-efficient sedan. I dropped R1 000 on an ecofriendly composter. I made a donation to an animal shelter. I even stopped jaywalking.

My challenge forced me to practice patience. Jump in front of me in the queue at the bank? No problem. Let a door shut in my face? Turn the other cheek, mate. And here's the thing: it felt good.

Here's another thing: it felt too good.

Which made me ask: was my newfound morality too self-serving? Is a good deed still good if I feel the urge to brag about it? To tell all my friends how righteous I've been? If I was looking for a simple answer, Narvaez didn't have one. Instead, she encouraged me to look more deeply inward. "You've become better at self-assessing," she told me. "This is a skill you can develop and foster."

Thanks, doc, but self-assessing was all I seemed to be doing. I started to obsess about

what I called the "economics" of my morality. I found myself constantly weighing the outcomes of my decisions, no matter how trivial or stupid. I realised this as I stood at an intersection on my way to a meeting one day. I was running late; still I weighed the question of whether I should cross against the little red man. Do I dash across and break the law, or do I wait and possibly miss my appointment? I debated this for so long that the sign made the decision for me.

NO LYING, NO SHORTCUTS. I WAS TO DO THE RIGHT THING – EVERY MINUTE OF EVERY DAY.

And then my composter started to stink like a dead animal. Shortly after came the obnoxious cloud of flies. My wife complained.

"I'm trying to do good!" I raged like a pre-tentious idiot. "Don't you get it?"

A few days later, I thought about test-driving a hybrid. But if I wasn't serious about buying, why would I waste a commissioned employee's time? She could be devoting her energies to an honest-to-goodness customer. In a way, by wasting 45 minutes of that person's time, I'd be stealing. Right?

Morality had paralysed me. Narvaez assured me that my feelings were typical. "Once you start to self-examine, you realise [morality] comes down to decisions that affect more than yourself," she told me. "You've stepped behind the curtain, and most people don't do that."

In other words, I *should* be struggling with these issues. By facing the dilemmas now, I may be able to automate my do-good actions in the future.

During my final week of absolute morality, I decided to stop overthinking. I accomplished plenty of good, moral things, but get this: I'm not going to tell you about them. I've realised that the glow from doing good is better when I stop seeking validation. Plus, my day-to-day acts of moral decency just don't seem worth boasting about, and that's okay. I've come to accept the fact that trying to become the very best version of myself is a truly noble pursuit, even if I never actually arrive there.

So maybe I'll go about my life and pick out my croissant moments. Maybe I won't speed as much, or donate money to charities a little more often. These are small gestures, and I'll be proud of myself when I do them. But no, I'm not going to promise I'll be 100% moral. I'll be quite content to be just moral enough. **MH**

– FATHER PETER DALY, WASHINGTON



CONFESSIONS OF A PRIEST

Even the pious can
get pissed off

There's a woman in my parish who stops over every day, sometimes more than once. And she always wants something: money to fix her car,

a lift somewhere, that sort of thing. One night she calls me late to ask for a lift home. I'm in bed but she won't let it go. The woman is mentally ill, I should mention. And she's sitting outside a hospital. So I change out of my pyjamas and get into my car.

When I pick her up, she won't put on her seatbelt. I walk around the car and buckle her in. She wants cigarettes. I refuse; she starts screaming. I stop, but she has no money. I buy the cigarettes. When she tries to light up inside my car, we argue more. She's angry, I'm angry. When I drop her off, she says, "I'm not calling you again."

I'm a priest, remember. This is the moment when I'm supposed to turn the other cheek. Instead I shout at her, "Thanks be to God!" And I

race off. Okay, it wasn't much of an insult, but I'm out of practice.

And it wasn't so much the words that made me feel ashamed as the indignation I had revealed to a troubled person. The woman's own family won't even deal with her. If a man of God can't show her some kindness, who will?

Sometimes, it's better to watch the ball sail through to the keeper. That's true for anger too – you don't always have to respond. A moral life requires you to take pause when something doesn't feel right. Breathe deep. Decide if you can let this one float by.

And when you screw up, ask for forgiveness. I called the woman the next day and did just that.

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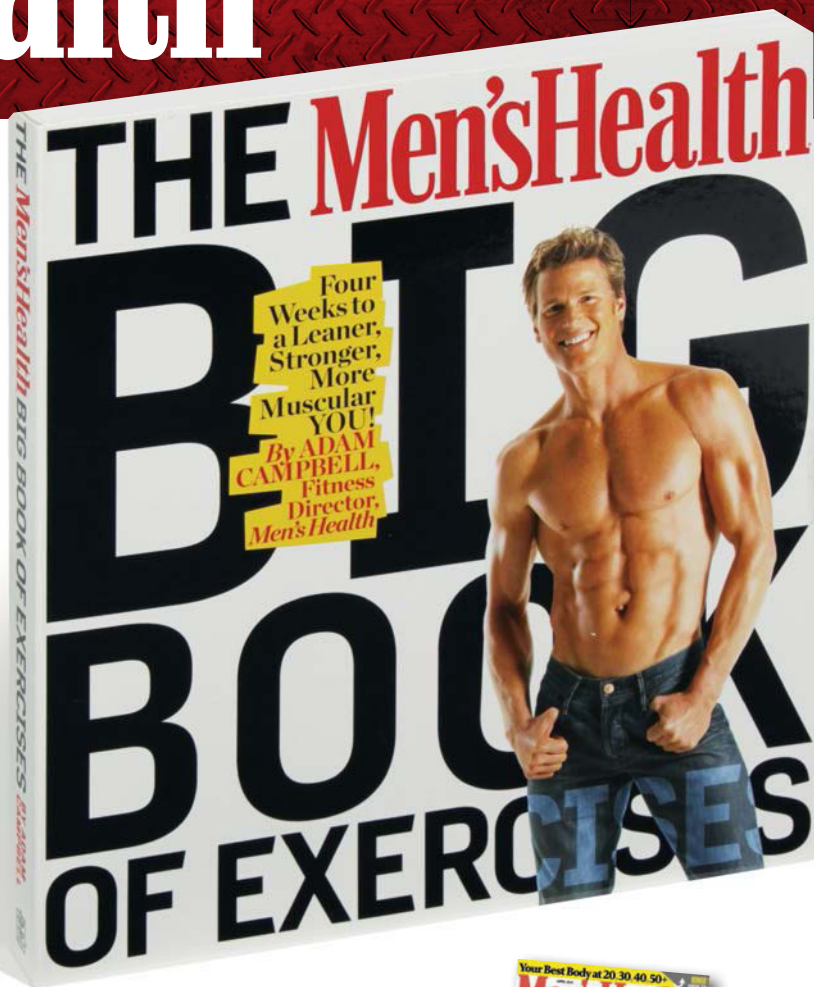
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WEIGHTY PROBLEM
Insufficient rest
between workouts
can lead to a
strength plateau
— or worse, injury.



TRAINERS LIKE TO SAY THAT THE most important part of any training programme is consistency. If you don't hit the gym regularly, you'll never see results. "But consistency can work both ways," says BJ Gaddour, creator of *Men's Health StreamFIT*. "Science is finding habits that slow your gains or halt them altogether – from how you monitor your recovery, if at all, to which muscles you focus on or ignore." It doesn't matter whether you're a weightlifting neophyte or a seasoned ironworker; odds are your routine is peppered with missteps that are holding you back. In fact, we're willing to bet that the following five are among them. The more you stop, the faster your gains. Knowledge is more than power – it's strength.



1 / You Don't Listen to Your Heart Before You Work Out

Monitoring your HR during exercise is a smart way to gauge effort and optimise rest. But measuring your heart rate variability (HRV) between workouts can be even more effective for guiding training. "HRV is the fluctuation in time between heartbeats, and it indicates your level of recovery," says strength and conditioning coach Bill Hartman. Low variability means you're still recovering. High variability means you're primed for action. "And you can use where you are in that spectrum to fine-tune each workout," says Hartman.

► **THE FIX** If you don't have an app or gadget that measures your HRV, there's an old school way of monitoring your recovery. Take your HR every morning as soon as you wake up (you can use your finger on your neck). If it's close to eight or more beats than the average, then it's time to rest and recover.

YOU DON'T KNOW JACKED

Correct these five weightlifting mistakes to train smarter, recover faster and make 2015 your strongest year ever



2/ You Don't Eat Enough

"Fitness-minded guys often undereat on purpose, thinking it will help uncover their abs," says *MH* nutrition advisor Mike Rousell. "Or they unwittingly develop a kilojoule deficit while attempting to eat more healthily." Either way, the result is the same. "Not eating enough slows your metabolism and makes it easier for you to overtrain because you don't have enough to fuel recovery."

► **DO THIS** "For two weeks, add 630 to 1200kJ – the equivalent of a handful of almonds or a protein bar – to your daily diet," says Rousell. "After two weeks, add another 630 kilojoules a day, and stay there." The gradual increase will help you gain muscle, not fat – especially if the bulk of these additional kilojoules come from protein. Rousell also recommends buying a bathroom scale that measures body fat (Elektra Body Fat/Hydration Digital Monitor Scale, kalahari.com). "If your body fat increases by a percentage point, calculate your current kilojoule intake and remain at that level – don't add more kilojoules."



3/ You Ignore Your Glutes

Strong glutes are useful for more than just filling out a pair of jeans; they're the strongest link in your body's posterior chain, the string of muscles running along your backside that drives acceleration and generates explosive power. "Deadlifts and squats activate them indirectly," says Bret Contreras, author of *Bodyweight Strength Training Anatomy*. "But doing exercises that target those muscles directly will hit them more thoroughly, helping you crush more kilojoules and boost total-body power." All of which will translate to greater strength and performance.

► **DO THIS** The hip thrust. Recent research by Contreras found that this exercise activates the glute muscles to a greater degree than any other lower-body move. "You're not limited by the strength of other muscles, like those in your back, as you are with squats and deadlifts, so you can use more weight," says Contreras. "Plus, your glutes are under constant tension, maximising their growth stimulus."



4/ You Skip Cardio

Hang around the barbells long enough and you'll hear guys talking about the "interference effect" – a bro-science term referring to cardio's supposed inhibitory influence on muscle building. Ignore them; real science says otherwise. A recent study in the *Journal of Applied Physiology* found that cycling for 45 minutes, in addition to resistance training, resulted in a 14% increase in leg muscle volume. Strength training alone resulted in a 9% gain.

► **DO THIS** Follow those cyclists! Three or four times a week, either a few hours before a strength session or on a separate day, do at least 30 minutes of moderate- to high-intensity cardio on a track, treadmill, rower or Airdyne bike. "That'll jack up your muscle-building hormones," says Matt Harber, associate professor of kinesiology at Taylor University. "Aerobic exercise activates growth pathways in the muscle about as much as resistance exercise does, and doing both – separated by a few hours – appears to have an additive effect."



5/ You Improvise

Men who follow fitness programmes, whether with a trainer or from a book or magazine, often tinker with what's being prescribed. "Guys just can't seem to help themselves," says Dan John, the author of *Mass Made Simple*. "They add more sets or exercises, they hop over to another programme when they don't see results in a week or two, or they do additional workouts on days they should be resting." Trainers call it "exercise ADD", and the result is often a training plateau. "Improvising exercises or doing extra sets or workouts can leave you too exhausted to succeed with the programme at hand," says John. "It's the primary reason why so many guys never progress."

► **DO THIS** Stay the course right until the end. "Most programmes last about six weeks – and the key to success is making it all the way to that sixth week," says John. Follow the programme with a friend, or make sure an incentive or goal is waiting for you at the end – even if that goal is little more than an "after" photo. **MH**



INSIDER TRAINING

By David Jack

Which is better – reps or timed sets?

Both belong in your workout. Reps focus primarily on strength and promote progression from week to week as you push yourself to become stronger. Do rep-based sets early in your routine with big-muscle moves like squats, deadlifts, presses and pulls, giving yourself 60 to 90 seconds of rest between sets.

Timed sets (doing as many reps as possible in a given time period) jack up your heart rate and are ideal for metabolic circuits with body-weight or lightly loaded moves. Do these later in your workout, and regularly switch up your work-to-rest ratio (e.g., 40 seconds of work and 20 seconds of rest one day, 30 seconds of work and 30 seconds of rest the next).

My shoulder hurts. Can I work around it?

Yes. Step one is to eliminate common agitators like the overhead press and bench press. Rotate them out of your routine for three to four weeks, replacing them with dumbbell and resistance band exercises, which place less load on the shoulders. Next, add more upper-back exercises to your routine and improve the tissue

quality in your pecs by rolling with a tennis ball for 30 to 60 seconds before and after your workout. This will also help centre your shoulder joints and reduce muscular imbalances that lead to impingement and pain. After a month, you'll probably be able to start weaving back in the exercises you took out. But if you feel the slightest bit of pain, give yourself more time.

What's the best plan for a packed gym?

Do a "phone booth workout"; it requires only a few feet of floor space. Download Layer to your smartphone and scan this page for my favourite.



David Jack is the owner of ActivLab in Phoenix. Follow him on Twitter at @davidjack1

AVERAGE JUST ACCEPTS THE STANDARD

BEAT AVERAGE

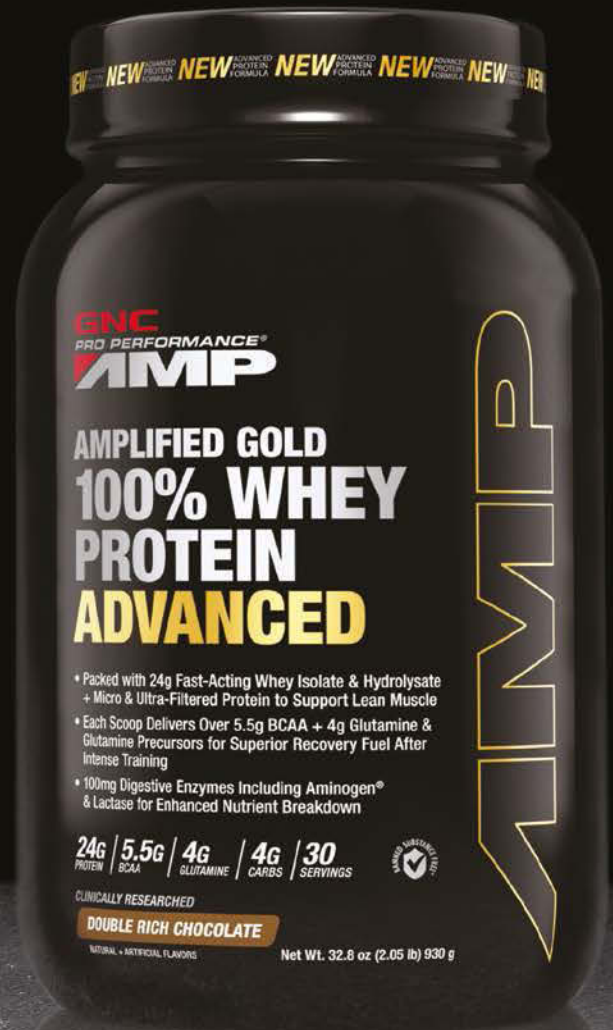
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MAKES
2 SERVINGS

Cooking time
20 mins

1 450 kJ

4.6g fat

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Quorn Fillets in a Red Pesto Sauce

INGREDIENTS

- 30ML (2 TBSP) OLIVE OIL
- 6 QUORN FILLETS
- 300ML VEGETABLE STOCK
- 75ML (5 TBSP) TOMATO PUREE
- 75ML (5 TBSP) GOOD QUALITY RED PESTO
- 5ML (1 TSP) CHOPPED FRESH THYME
- 100ML (7 TBSP) HALF-FAT CRÈME FRAICHE
- SALT AND FRESHLY GROUND BLACK PEPPER
- BASIL LEAVES, TO GARNISH

METHOD

Heat the oil in a shallow pan and lightly brown the Quorn Fillets on both sides.

Mix together the stock, tomato puree, pesto and thyme. Pour over the Quorn Fillets. Cover and simmer gently for 15 minutes.

Transfer only the Quorn Fillets to warmed plates. Stir the crème fraiche into the remaining sauce, adjust seasoning to taste and spoon over the Quorn Fillets. Garnish with freshly torn basil. Delicious served with crusty bread, or on a bed of Tagliatelle.

Find Quorn in the frozen aisle at your local supermarket, or go to quorn.co.za





HOW I GOT HOOKED ON STINKY FISH

Anchovies, sardines, mackerel and herring are some of the most delicious, nutritious proteins on the planet. Don't turn up your nose – open your mouth.

AS A HEALTH EDITOR, I KNOW I SHOULD EAT MORE OILY FISH. I also know that I hate oily fish. See the problem? Omega-3 fatty acids are what make these fish mega-healthy. In a 2012 study by Dr Dariush Mozaffarian of the Friedman School of Nutrition Science and Policy at Tufts University, people who ate the most omega-3s were 29% less likely to develop atrial fibrillation than those who took in the least. “Omega-3s may have an electrical stabilisation effect that ensures heart cells don’t fire erratically,” says Mozaffarian. These fab fats have also been linked to better brain and joint health.

Most guys aren’t reeling in those benefits because they’re taking in a minnow’s worth of omega-3s. Each week, most men in US take in just over 30 grams of omega-3-rich fish, according to a 2014 *Nutrition Journal* study. The Heart and Stroke Foundation of South Africa recommends that even healthy individuals should include

a variety of fish as part of their diet at least twice a week – and when was the last time you did that? Which fish can help? Per 100g serving, anchovies deliver 1 783 mg; mackerel 1 131; Pacific sardines 1 246; and Atlantic herring 1 253.

Yep, these are the fish I called “stinky” as I watched my grandpa eat them straight from the can. But anchovies and sardines are low in potentially toxic mercury, high in protein and cheap, especially compared to wild salmon fillets. And tastebuds can be trained. “It’s called flavour-flavour conditioning,” says Debra Zellner, a professor at Montclair State University who studies taste. The process involves incorporating a food you don’t like into a dish you do like. “Eventually you like the food plain.”

Here are four recipes to ease your palate from least fishy to most pungent. Try them. I did – and now I’m an afishionado. Grandpa would be proud. And so will my cardiologist.



Spaghetti con Acciughe

FISHINESS FACTOR
● ● ● ● ●

- 1 JAR (115G) ANCHOVIES, DRAINED AND RINSED
- 1 GARLIC CLOVE, MINCED
- 2 KG WHOLE-WHEAT SPAGHETTI
- 1 ONION, FINELY CHOPPED
- 6 TBSP EXTRA-VIRGIN OLIVE OIL, DIVIDED
- 1 TSP TOMATO PASTE
- 1/4 CUP GOLDEN RAISINS, SOAKED IN WARM WATER FOR 10 MINUTES, DRAINED
- 1/2 CUP CHOPPED PARSLEY
- ZEST AND JUICE OF 1 LEMON
- 1/4 CUP TOASTED PINE NUTS, FINELY CHOPPED

1/ Boil a large pot of salted water. Mince 2 anchovies; mash them with the garlic. Boil the pasta until almost al dente. Drain, reserving 1/4 cup of the water.

2/ Sauté the onion on medium high in 4 Tbsp olive oil with a pinch of salt until softened, 3 to 5 minutes. Lower the heat to medium. Stir in the anchovies and tomato paste; cook for 1 minute. Add 3 Tbsp water and toss. Add the raisins,

extra anchovies, and salt. Cook till the flavours meld, 2 to 3 minutes. Add pasta, pasta water, parsley, lemon zest and juice, and 2 Tbsp olive oil. Heat, season, top with nuts. **Makes 6 servings**
—Marco Canora, chef of *Hearth, Manhattan*

OUR GUY SAYS...

"I've never cooked with anchovies. I was amazed to see them dissolve into the creamy sauce."



Mackerel with Miso Broth and Jalapeño Relish

FISHINESS FACTOR
● ● ● ● ●

- 1/2 CUP DICED JAPANESE RADISH
- 1/2 SMALL JALAPEÑO, MINCED
- 1 GARLIC CLOVE, MINCED
- 1 1/2 TSP MINCED GINGER
- ZEST AND JUICE OF 1 LEMON
- 1 TBSP CHOPPED CORIANDER
- 1 SCALLION, GREEN TOPS ONLY, THINLY SLICED
- 1 TSP MIRIN
- 1/4 CUP PLUS 1 TBSP EXTRA-VIRGIN OLIVE OIL
- 1/2 CUP VEGETABLE BROTH
- 1 TBSP RED MISO
- 1/2 TBSP BUTTER
- 4 MACKEREL FILLETS (170G EA)
- LEMON WEDGES

1/ In a medium bowl, mix the radish, jalapeño, garlic, ginger, lemon zest and juice, coriander, scallion and mirin. Gradually add 1/4 cup oil, whisking continuously until combined. Season and reserve.

2/ In a small pot, boil the broth. Remove it from the heat and add the miso and butter. Reserve. Next, preheat your grill to direct high heat. Brush the mackerel with oil and season

both sides. Grill until seared, about 3 minutes on each side.

3/ Transfer the fish to 4 bowls; add 2 Tbsp broth to each. Top with relish and lemon wedges. **Makes 4 servings**

—Todd Lein, chef of *Pod, Philadelphia*

OUR GUY SAYS...

"This fish is sweet and clean-tasting. It's even better with the smoky broth and sharp relish."



Fisherman's Eggs

FISHINESS FACTOR
● ● ● ● ●

- 1 CONTAINER OIL-PACKED SARDINES, BROKEN INTO PIECES, OIL RESERVED
- 1 SMALL SHALLOT, THINLY SLICED
- 2 TBSP FINELY CHOPPED PARSLEY
- 2 GARLIC CLOVES, MINCED
- 4 EGGS
- HOT SAUCE

1/ Preheat the oven to 260° and then heat a baking dish in it for 5 minutes. In a small bowl, mix the sardines and their oil with the shallot, parsley and garlic; add pepper to taste. Carefully remove the dish and add the sardine mixture. Bake until the garlic softens, about 6 minutes.

2/ Take the dish out of the oven. Gently crack the eggs over the fish. Season and return the

dish to the oven. Bake until the whites set, 5 to 7 minutes. Remove and wait 5 minutes so the eggs finish. Serve with hot sauce.

Makes 2 servings
—Adapted from *The Silver Spoon* (its comic book version is out now)

OUR GUY SAYS...

"Sardines have about 20 grams of protein per can, so this simple breakfast fills me up until well past noon."



Pickled Herring Smørrebrød

FISHINESS FACTOR
● ● ● ● ●

- 1 SLICE DANISH-STYLE RYE OR PUMPERNICKEL BREAD
- 1 LARGE LEAF OF COS LETTUCE
- 1 SLICE HEIRLOOM TOMATO
- 1 SLICE ONION
- 1 RADISH, THINLY SLICED
- 1 CONTAINER HERRING IN WINE SAUCE (USE 4 TO 6 FILLET PIECES)
- FRESH DILL AND PARSLEY, TO TASTE

1/ Top the bread with lettuce and follow with the tomato and onion slices, radish rounds, herring pieces, and dill and parsley, in that order. Finish with sea salt and freshly ground pepper, if desired. Serve the sandwich with a knife and fork, or just eat it with your hands. **Makes 1 serving**

► Danish smørrebrød sandwiches are built for freestyling when it comes to toppings.

Try herring plus sprouts, sliced pickled beets, capers, snipped chives, sliced green apple, cucumber rounds, chopped hard-boiled eggs or herring roe.

—Nicolaus Balla, chef of *Bar Tartine, San Francisco*


OUR GUY SAYS...

"A Danish model – say, Helena Christensen – would love this. It's so good, I'd make lunch with her a thing." —B.C.

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Ref 1. Garfinkel L, Garfinkel D. Magnesium 1985;4:60-72. 2. Albion Research Notes 1997;6(1).  Slow-Mag® Tablets. Each enteric coated tablet contains magnesium chloride 535 mg (equivalent to 64 mg elemental magnesium) H/24/89. Slow-Mag® Caps. Each capsule contains magnesium amino acid chelate 450 mg (equivalent to 45 mg elemental magnesium). Slow-Mag® Fizzy. Each Effervescent tablet contains elemental magnesium 172 mg and Vitamin C 150 mg. For further information, refer to the package insert approved by the Medicines Regulatory Authority. Merck (Pty) Ltd. Reg. No. 1970/004059/07. 1 Friesland Drive, Longmeadow Business Estate South, Modderfontein, 1645. Tel. (011) 372-5000, Fax. (011) 372-5252. SM.04.13.007, Report adverse events to drugsafety@merck.co.za or +27 11 608 2588 (Fax line).

NO TO MORE THAN THREE STEPS



Never Forget A Name Again

There's nothing more frustrating than meeting the same guy for the fifth time, and he still doesn't remember your name. It's a sign of respect and good manners, and it'll help with your networking. Here's three easy steps to help you remember.



1 Step One

Repeat and spell. Repeat their name, ideally still while in the handshake mode, and while looking directly in their eyes. If the name is unique, ask them to spell it out for you: it provides another opportunity to say the name out loud a few times, and the visualisation of each letter and the order helps to engrain it in your memory.

2 Step Two

Create a memory link. You need to form an association to their name using mental imagery. Link the name with a personality trait, a facial or body feature, an occupation, the sound of their name, a visual cue, or where they're from. The more ridiculous the visual image, the more likely you'll remember it.

3 Step Three

Say goodbye. Dale Carnegie, a famous self-improvement guru and author of *How to Win Friends and Influence People*, said that the sweetest sound to anyone's ear, is hearing their own name. Say goodbye using their name to reinforce it in your mind and give them the impression that you really enjoyed meeting them.

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THE 6 NEW RULES OF SEX APPEAL

Learn to conquer your dating competition and make your attractiveness soar by mastering these secrets

LEO, BECKHAM, CLOONEY: RICH, POWERFUL, admired. But their appeal goes beyond fame or earning power. Call it charisma, call it confidence. Social scientist Catherine Hakim calls it “erotic capital” and wrote a book with the same title. It’s that certain something, she says – a combo of liveliness, sex appeal, physical beauty, fitness, charm, style and, yes, sexual competence. Oh, is that all? Don’t feel daunted – erotic capital can be learnt. “It’s how these men behave and carry themselves,” says Susan RoAne, the author of *How to Work a Room*. Out of the way, Clooney.



STRIKE HER CHORD
Make her laugh,
and she might
invite you in
for a duet.

1

Liveliness

Whether you're grabbing the mike at karaoke or just cracking jokes all night, your good vibes are contagious, says sex therapist Brandy Engler. "We feel a sense of self-expansion around people who are enthusiastic about life."

► **FLAUNT YOUR WIT** Funny guys get laid: In a study in the journal *Intelligence*, men with a solid sense of humour reported having more casual sex. Comedian Steve Lemme suggests the "callback" – a humorous reference to things you've already talked about. ("I'm headed to Bermuda – I know, not as nice as [insert her hometown here]"). It shows you're witty – and that you've been listening.

► **SPICE UP YOUR DATES** Invite her along for an activity you feel passionate about – even if it's flyfishing. "Do something that makes you feel full of life," says Engler, author of *The Men on My Couch*. Help her cast the line, for example, or reel it in. And engage all her senses – the feel of the line, the ripples of the water, the stink of the bait. That's passion.

2

Physical Beauty

Sure, genes matter: Facial symmetry, masculinity, and skin tone all provide erotic capital, says Hakim. In a 2014 study in *Psychological Science*, women

favoured men with wide faces for short-term relationships, perhaps because they saw them as more dominant. Bad genes? Don't worry. Try this plan.

► **ENHANCE YOUR JAW** Facial hair is male make-up: It covers flaws and enhances assets. A five o'clock shadow highlights a good chin, says Danny Baptista, owner of The Stepping Razor Barbershop in Brooklyn, while a short beard can create the illusion of symmetry and add bulk to a weak chin. Trim cheek whiskers using the 2 or 3 guard (½ to 1 cm) on your clippers, he advises. Let the hair on your chin and jaw grow slightly longer.

► **SMOOTH YOUR FACE** A craggy mug will cramp your style. In winter, use a cleanser meant for dry skin, then add a facial cream before heading out, says John Romano, a cosmetic dermatologist.

3

Sexual Attractiveness

There's no Instagram filter to help you here, buddy. It involves not only the shape of your body but also the way you move and talk, says Hakim.

► **FAKE THE V** Step one: Start doing the workouts in this magazine. In the meantime, fake a V-shaped torso – widely considered the male ideal – with this trick from Sarah Lee, executive creative director for Bombfell, a clothing subscription service: wear a light-coloured T-shirt with a thick stripe across the shoulders and chest. "This brings your eye upward," she says. A tee that's tighter across the top and just grazes your belly will help too.

► **CONQUER SPACE** In a UK study, women rated men as more attractive when the men's posture conveyed dominance – sitting with their arms and legs open while gesticulating, versus sitting with arms crossed.

4

Conversational Skills

Politics aside, Barack Obama is a brilliant orator, a skill that undoubtedly won him votes. Likewise, the ability to skillfully work a room can win you a woman's vote of confidence, says Hakim.

► **STAND STRAIGHT** Tall guys are naturally seen as charismatic, a recent Dutch study found. But you can fake it if you need to: Stand with your shoulders back, open your arms, and look people in the eye when telling a story, says RoAne. Spotted a gorgeous woman? Meet her gaze and smile; you'll create intimacy before you even approach. Once you start talking, ask her name and then use it later.

► **TARGET YOUR FLIRTING** Motivation matters: guys who flirted just for fun were viewed as less attractive than guys whose motives were genuine towards the women they chatted to, according to a study in *Sex Roles*. "It's about making her feel special," says Rachel DeAlto, author of *Flirt Fearlessly*. So save your best material for when you're vying for a date.

5

Social Presentation

Think of this as Don Draper domain: dressing and styling your hair in a way that conveys social status and style, says Hakim.

► **ROCK THE SIDE PART** In a 2013 Great Clips survey, 60% of people said the classic side parting is

"I'LL HAVE WHAT HE'S HAVING."

Sociologist Catherine Hakim picks men you should mimic



STYLE
GEORGE CLOONEY

Embrace the classics – dark, tailored suits and crisp white shirts, suggests *MH* executive fashion director Brian Boyé. Add a neatly folded pocket square.



CHARISMA
BARACK OBAMA

"Before you walk into a room, smile as if someone just told you a terrific joke," says public speaking coach Jay Heinrichs, author of *Thank You for Arguing*.



RHYTHM
CHANNING TATUM

Gotta dance? With your feet at hip width, relax your shoulders and knees and bend your elbows, says pro dancer Glenn Allen Sims. Now move to the beat.



CHARM
COLIN FARRELL

Look into one eye and then the other, says Heinrichs. Shifting your gaze keeps you focused and makes you look attentive without seeming creepy.

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&

YES TO 100% PURE BEER



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Couples

among the greatest men's hair-styles of all time. Opt for a fade, which keeps the look clean, but maintain your natural hairline, says Baptista. Thinning on top? "Go short," he says. "And get a supertight fade on the sides to balance the missing hair."

► **UPGRADE YOUR SUITS** Men who wear custom suits give better first impressions than those in off-the-rack attire, according to a British study. But department store suits can fit as if they were tailored just for you. Just make sure the shoulder pads don't extend past your shoulders, the jacket hits about halfway down your butt, and you can comfortably sit down. A tailor can easily adjust hem lengths or even take in the sides or centre back of the jacket, says Lee.

6

Sexual Competence

Sex drive alone won't translate to being a stud in the sack, says Hakim. More critical than libido is "erotic imagination," a creativity and playfulness with a woman in bed – and beforehand.

► **SHOW YOUR STRENGTH** You know the scene in *Crazy, Stupid, Love* where Ryan Gosling picks up Emma Stone, *Dirty Dancing* style? It really works. "Your physical prowess can be a turn-on," says Engler. "It's an exaggerated expression of masculinity, allowing her to feel soft and fragile." Flaunt your strength as a form of foreplay: Wrestle playfully, or pin her against a wall for a kiss.

► **ADAPT YOUR ENCOUNTERS** There's a script for great sex: initiation, kissing, foreplay, intercourse, afterplay. But you should read her moods, says couples therapist Lisa Thomas, founder of onlinecouch.com. If she's had a bad day, try the soft-and-sensual approach. After a night of dancing, playful domination might do the trick. **MH**

ARE YOU A PERV?

LET *MH* SEX ADVISOR DEBBY HERBENICK MAKE THE CALL

I GET A THRILL WHEN I SEE NEWS ITEMS ABOUT FEMALE TEACHERS AND 17-YEAR-OLD BOYS...

TOM, PAROW, CAPE TOWN

Lots of guys find such stories titillating – and that's okay. There's a history of objectifying teachers. It may remind you of a time when your own hormones raged and you were, as Van Halen put it, hot for teacher. With all the media coverage lately providing every racy detail, it's not surprising that you might have trouble turning it off.

WHEN I TALK WITH A WOMAN, I FLIRT AND IMAGINE HER IN BED, EVEN IF I'M NOT INTERESTED...

GARY, MIDRAND, JHB

Perverted? Not exactly. But there are important rules. If you flirt with someone who you know is in love with you and you don't feel the same way, it's cruel. If a woman asks you to stop and you don't, it's harassment. (Plus, your wife or girlfriend may think you're not satisfied.) Harmless compliments can give a woman's confidence a boost. But if you're just playing games, it may be your confidence that needs a lift.

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THE SCHOOL-BOY'S GUIDE TO STRENGTH TRAINING

Those heavy weights in the gym aren't for kids... are they? Despite what you've heard, strength training can have huge health benefits for teenagers

I'M SEEING MORE AND MORE YOUNG, TEENAGED GUYS hitting the gym, in search of more muscle and a chiselled six-pack. There's pressure on them to bulk up, either to make the first team or just to look good. But it doesn't take long before they – not to mention their parents – start asking questions.

When is it safe for a teenager to start strength training? Will lifting weights at that age stunt his growth? What exercises should a young guy be doing? How many times a week should he train? And what about supplements?

As a strength and conditioning coach, I do a lot of work with schoolboy rugby players, and I hear those questions all the time. I also see a lot of young guys making mistakes in the gym, putting themselves at serious risk of injury.

There's a ton of information out there – and not all of it's useful. Whether you're a young guy who wants to start training or the parent of a teen who's started lifting weights, here are 10 important training truths to get you started on the right track.

1 Strength Training Is Safe... If You Do It Right

It's the question I get asked most often by teenagers and their parents. "Surely strength training is dangerous and will damage his growth plates?" To answer this, you have to first understand what strength training is, and what it isn't. Strength training is a specialised form of conditioning that uses the principle of progressive overload to force your body (muscle, bones, tendons, etc) to adapt to be able to produce and/or resist larger forces. Strength training is not power lifting, it's not bodybuilding and it's not about trying to lift the most weight you can.

There's no science to support the myth that strength training is dangerous and has a negative effect on a young person's growth. If anything, it has positive effects on bone health and growth.

In your growing years, all bone growth occurs at a region of cartilage near the ends of the bone. This region is weaker than mature bone, and may be at a greater risk for injury. If the growth plate is damaged, there is a chance that growth in the bone will be stunted. But no growth plate fractures have been documented in guys who engage in a resistance-training programme that includes an appropriately prescribed training regimen and, importantly, competent instruction.

The risk of injury to growth plates can be further minimised by not performing maximum effort lifts – in other words, performing one-rep lifts of as much weight as you can. A good rule of thumb for younger guys is to only exercise with weights that you can lift at least eight times or more. Although growth plate injuries should be taken seriously, because they can happen, if you take proper care your risk can be virtually eliminated.

2 Yes, Strength Training Is Good for Teens

The benefits of starting a correctly designed, properly supervised and implemented strength training programme far outweigh the possible injury risks. There's no doubt about it. In fact, as a youngster you have far more to lose than to gain by not doing strength training.

Over and above the obvious goal of getting you stronger, strength training also improves your overall sports performance, while helping you prevent (or rehabilitate) injuries and enhancing your long-term health. As with other physical activity, strength training has been shown to have a beneficial effect on your cardiovascular fitness, body composition, bone mineral density, blood lipid profiles and mental health.

Guys – of any age – who lift weights also see a decreased risk in sports-related injuries to their musculoskeletal system, and an improvement in physical performance, self-image and self-confidence.

3 No Two Teens Are Ever Alike

Before you start a strength training programme, get screened by your doctor in case there are any medical complications or other conditions that need to be addressed.

Because of the large variances in development levels that can exist in young teenage boys, I'd also strongly recommend that young guys get professionally assessed, and have their first training programmes individualised for them.

Here's why I say that: teens who are the same age chronologically aren't necessarily the same

age biologically. In fact, that biological difference – or the difference in physical development – could be as much as two years.

This would significantly affect the nature and design of a strength training programme. So get the right kind of supervision – from a qualified, competent professional – and you'll be on the right track from day one.

4 Injuries Are Avoidable

Right, so we've established that strength training won't stunt your growth. But, as with any activity, that doesn't mean you might not get injured during a strength training programme. During your early teen years, your bones, joints, muscles and tendons are still in the process of growing – and that means they may be more susceptible to injury.

But you can substantially reduce your risk of injury by following a few simple guidelines:

► AVOID MAXIMUM-WEIGHT LIFTS

That's a body-builder routine, where you try to maximise how the amount of weight you can lift at a time. Also, don't do high intensity or high volume programmes, and avoid explosive weightlifting. You'll only struggle to maintain the technique, and your body tissues could get stressed too abruptly.

► "NO PAIN, NO GAIN" IS A LIE

...and it'll guarantee you'll end up injured. If an exercise is painful or uncomfortable, stop immediately.

► PROGRESS SLOWLY

Always maintain strict form and technique. Only increase the volume and intensity of the training that your body can cope with. Push progression, but at an appropriate pace, leaving a little bit left over at the end of each set. So, for example, end a set two reps before you might fail.

► GET A COMPETENT COACH

A personal trainer will ensure you're taught the correct technique. Appropriate training and competent instruction and supervision are the two keys to minimising injuries.

If you have a badly designed, unbalanced programme that focuses on your mirror muscles, and if you train with substandard technique, pushing yourself to failure, working under supervision from someone who doesn't know what they're doing, while following a poor diet and not sleeping properly... you're guaranteed to end up with problems.

5 Weights Can Wait

The initial goal of any programme should be to build muscular endurance and prepare your muscles, ligaments and tendons for increased loading. Sure, you're excited to go hit the weights – but rather begin by mastering basic body-weight exercises. If you can't even do a few sets of push-ups or body weight squats correctly, then that's a clear sign that you don't yet have the core strength you need for weight-loaded resistance work.

Try simple exercises like push-ups, pull-ups, sit-ups, plank variations, back extensions, bodyweight lunges, squats, step-ups and dips. These exercises include all your muscle groups, including your core muscles, and should be performed through the full range of motion at each joint. Start slowly, doing a circuit of one to two sets of 8 to 15 repetitions. As you develop and improve, increase this to three sets of each exercise, doing six to 15 reps each, three times a week on non-consecutive days as part of a regular programme.

There are a few advantages to beginning with body weight exercises. The resistance will

improve your co-ordination and will allow your musculoskeletal system to adapt to the stress of lifting. Secondly, you'll strengthen your core muscles, which that help to stabilise your body. It's important that you develop a solid strength base in these muscles before you progress to advanced exercises.

Once you've adapted physically and can complete the body weight exercises competently, then start to introduce more complex resistance weight training exercises, like multi-joint lifts, free weights, low intensity plyometrics as examples. A full-body freeweight training programme should include all the basic lifts, including squats (legs), deadlifts (back/legs), bench press (chest), barbell rows (back), chins (back), military press (shoulders), close-grip bench/dips (triceps) and barbell curls (biceps).

Once you have perfected the form and technique of the exercises, then slowly start to increase the weight. Full-body workouts should be at least 20 to 30 minutes long, up to a max of 45 minutes to an hour. They should take place two or three times a week on non-consecutive days, and you should continue to add weight or repetitions as your strength improves.

I'd also suggest proper 10-minute warm-up and cool-down periods, with appropriate stretching techniques.

6 Don't Sabotage Yourself by Overtraining

This is one of the biggest mistakes I see young guys make: they'll hit the gym every day, thinking, the more I train, the bigger I'll get. That's a completely flawed logic, because it's not how the muscle gain process works.

Strength training in the gym actually makes you weaker. When you lift weights, you apply stress to your muscles,

breaking them down and often causing microtears in the muscle fibres (that's the soreness you often feel after a hard session). If your programme is structured correctly and you allow sufficient time for your muscles to recover – by means of regular rest days, lots of sleep and correct nutrition – they will adapt and repair, and the fibres will grow thicker and stronger.

This is why full-body sessions need to be done on non-consecutive days at least – and, in some case, you may even need as many as 48 hours' rest between sessions to allow for enough recovery, repair and growth.

And get some sleep. Sleep is the time your body uses to repair the damage done by weight training, building stronger bones and muscles. Your growth hormones (GHs) and testosterone (a major contributor to muscle growth) are at their highest levels when you're asleep.

If you happen to stay out late for some reason, be sure to catch up on sleep the next day by going to bed early or taking a nap. And – I say this all the time to guys in high school – keep your partying to a minimum.

7 You Can't Out-Train a Bad Diet

Teenagers often grab their meals and eat on the go. That's a problem. If young teens don't have a good, nutritional diet, they'll fill themselves with junk food, fast food and other unhealthy foods that don't have much nutritional value. Avoid rubbish like artificial sweeteners, excess sugar, processed foods and preservatives. It's okay to get fast food meal every once in a while, just don't make it a habit. Rather reach for something nutritious – like an apple, Greek yoghurt, a bag of baby carrots or biltong – when you're feeling the urge to snack.

Eat clean, healthy foods in every meal. Strength training works by breaking down muscle tissue; without the proper nutrients at the proper time, your body cannot recover and you won't see the results you should be seeing.

When you start training, it's not necessary to count calories. Your basic diet should include foods like meat, eggs, fruit, lots of vegetables and grains. You should also be drinking milk, fresh juice and lots of water. If you want to decrease body fat, eat fewer grains and drink less milk. If you want to build muscle mass, eat more grains, drink more milk and increase your protein intake.

8 Young Guys Are Impatient... So Be Consistent

Young guys often get excited by quick, positive early gains. But the gains slow down, they tend to lose interest and quit... and that's when consistency becomes more of an issue.

To make progress, you have to be consistent in several areas. If you don't give focused attention to your training programme, recovery time or eating plan, your strength and muscle gains will suffer. When you start to slack in any (or all) of those areas, you won't see the gains that you could.

Remember, your body will only get bigger and stronger if it *needs* to. If you give it time to relax (say, by missing workouts and skipping meals), it will regress to its original size.

9 Remember Your Legs

I often see young guys who either don't train their legs properly, or don't train their legs at all. They'll do their chest and biceps all day,

but neglect their legs. But your legs are the foundation of your body. They're where you get all your power when you participate in any sport. When trained correctly, your legs are your biggest, strongest muscle group.

Also, you have the added benefit of being able to use the most weight when you train your legs – and that results in your body releasing GH, IGF-1 and testosterone, hormones that will benefit your legs and your other muscle groups.

So why don't young guys do their leg work? Two reasons: it's tough, and they're not sure how to do it properly. Learning to squat properly from a young age, and progressively improving your squat strength, will be one of the best strength investments you can make.

10 Be Smart About Supplements

Many young guys think that supplements are the key to getting results – and some even fall into the dangerous pit of steroids, which can have devastating results down the road. Supplements will only assist you if you already have a sound workout and nutrition programme in place. There are no supplements – legal or illegal – that will ever replace a sound nutrition programme.

The clue is in the same: supplements are supplementary, so they won't work on their own. As a teenager starting out, you should have no need for any supplementation, unless you have a specific condition that has been assessed, diagnosed and professionally subscribed.

• *Steve McIntyre is a strength and conditioning coach at RugbyIQ, who works with Super Rugby teams and schoolboy rugby players. He was the Springboks' strength and conditioning coach when they won the Rugby World Cup in 2007.*

MH

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3 GYM CONCEPTS PLYO BOXES

Plyometric training increases speed and power, which means box jumps are an essential conditioning tool. Developing fast-twitch muscle fibre improves reactive and explosive ability. These plyo boxes from Gym Concepts allow you to scale jumps to your own fitness level and build from there.

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A photograph of a person's arm in a black sleeve splashing water on a sandy beach. The background shows green trees and a clear sky. The image is used as a background for the text.

FIT

You can't stop time, but you can grow stronger, slimmer and smarter – no matter how many candles are on the cake. Here's your expert game plan to getting in better shape with every passing year.

BY ARTHUR JONES
PHOTOGRAPHS CASEY CRAFTORD

AT ANY AGE



FIT AT 40
When Corné Krige
walked off the rugby
field, he didn't just
hit the couch.

MOST SOUTH AFRICAN MEN DON'T LIVE TO 60. // Research from the Medical Research Council shows the average life expectancy for men is at 58. It's grim news, but all is not yet lost. // This guide is a primer on getting the most out of every life stage, regardless of the DNA you've inherited. We want you to be the best you can be, and not just for aesthetics (but let's be honest, a six-pack is a great side benefit), so you can enjoy every single day and do all the things you want, right up until your last breath. And the real truth: it comes down to fitness. You're actually better off being a little soft – and fit – than being skinny and out of shape. // Read on for advice from our ripped role models, and to find your new maintenance plan.

20s

The Breakdown / Your testosterone and growth hormone levels are at the highest in your twenties, so you feel invincible, build muscle mass quickly, and have a libido that's raging harder than speed metal. To harness all these man-making hormones, start laying down a muscle foundation that'll serve you all the way into retirement and beyond. Your plan should be filled with compound moves (squats, deadlifts, lunges, bench press, pull-ups), and you should only have one or two rest days, as your body is primed to recover quickly. Right now, flexibility and mobility aren't areas you need to worry about – but you should keep two factors in mind: technique and injuries. Make sure every rep you do is done properly and with control (don't let your youthful enthusiasm affect your movements), and look after your body if you're doing contact sports. Most men stop playing high-level sports in this decade, so make sure you end on a high note – and not in the surgery room.

YOUR SECRET WEAPON

SLEEP

Your internal clock (or the suprachiasmatic nucleus) is responsible for putting you to sleep and waking you up. As a baby, it's nothing but sheep-counting and milk dreams, but as you get older, your hormones (like cortisol) and metabolism start screwing with your schedule. Add stress, alcohol and caffeine to the mix, and sleep is sabotaged. This can lead to all kinds of health problems: a weak immune system, high blood pressure, slower recovery (or none at all). According to research from Cornell University, the time period from puberty until you're 25 is the period you need the most sleep in your life (besides as a newborn). Ironically, that's exactly when most of us are sleeping the least and partying the most. To get your nine hours, here are some tips:

1 / Think of it like a bank balance If you short-change the bank one night, then the following night get into bed a little earlier to pay off the duvet debt. Don't save it all for the weekend – that'll throw your circadian rhythms into a damaging dubstep.

2 / Skip the night-time cuppa and social media It may seem obvious, but caffeine is a no-no. Same with phones, tablets and laptops an hour before shut-eye – the screen radiation and graphics will keep your mind tripping.

3 / Try melatonin MIT researchers have found that taking 0.3 milligrams of a melatonin supplement can help you fall asleep faster.

HEALTH CHECK

1 / Start checking your balls

Feel for lumps by gently rolling them between your thumb and forefinger after a warm shower. This should start from puberty; testicular cancer is most common in boys and young men aged 15 to 39. Older men are at less risk.

2 / Wear sunscreen

South Africa has the second highest incidence of skin cancer, and most guys spend the most time outdoors in their twenties. Monitor any changes in the colour, size and shape of skin marks, and if you're worried about any of them, visit a dermatologist.

3 / Treat your fitness like a business

Create short- and long-term goals, and make them specific. Instead of becoming stronger, say you want to bench press your body weight 10 times. Or squat double your body weight. You want to be the best, so train like you're a CEO.

4 / Embrace latex

Of the condom variety. Most 20-year-olds are having the most sex they'll ever have, and STDs are just as dangerous as lifestyle-related ones. Start wearing protection (if you aren't already) and go for a HIV test. Seriously, suck it up. This is not something to ignore.

5 / Don't neglect your teeth

The state of your pearly-whites and gums are indicators for all kinds of disease, and the longer you leave between visits, the more drilling the dentist will do later. Start an annual habit now to save money (and pain) later.

THE HIDDEN DANGER

SMOKING

Chainsmoking as a student causes big problems later, especially if you don't kick the nasty habit you've started. And besides the obvious cancer and related health issues, you're also hamstringing your athletic performance.

The answer / Find some new hobbies. Stony Brook University research shows that rewarding hobbies (like a new sport), can help lower your neural drive to want to light up when you see cigarettes. The good news is that once you stop, your health recovery is quick.

YOUR FORMULA



Heavy lifting

(low-rep, heavy, 3 times a week)



Plyometrics

(explosive jumps and movements)



Mixed Cardio and Sports

(15 minutes, 3 times a week)



Flexibility

(5 minutes of rolling and stretching every workout)

THE WORKOUT

Take 2 seconds to lift and 4 seconds to return. Rest 2 minutes between short sets, and 1 in the long sets.

Day 1 / Monday

Squats	3 sets of 5
Bench Press	3 sets of 10
Deadlifts	3 sets of 10
Barbell Rollout	3 sets of 15

Day 2 / Wednesday

Bench Press	3 sets of 5
Squats	3 sets of 10
Deadlifts	3 sets of 10
Barbell Rollout	3 sets of 15

Day 3 / Friday

Deadlifts	3 sets of 5
Bench Press	3 sets of 10
Single-leg RDLs	3 sets of 10
Barbell Rollout	3 sets of 15

How do you measure up?
Your twenties should all be about power.
Test your vertical and broad jump

Film your best attempts, upload to Twitter or Instagram and add the hashtag #FitAtAnyAge

+55cm
VERTICAL
JUMP

+2.5m
STANDING
BROAD JUMP

+10
CLAP
PUSH-UPS

#FitAtAnyAge



> FITNESS/20/POWER



**MICHAEL
BOTH**

FITNESS FORMULA

Max Bench: 150kg Squat: 180kg
Deadlift: 230kg Wide-Grip Pull-Ups: 23

HEIGHT	WEIGHT	AGE
1.83m	100kg	23

"Focus on form before weights. There's no point in sacrificing form for an extra few kilograms – that's how injuries happen," says Botha, captain of the UCT Ikeys. Sound advice coming from the large loose forward whose lifting stats are just as impressive as his work rate, and perfect for guys in their twenties. To combat this season-ending hurt, he does more core, mobility and functional training and less bodybuilder-type work. "I also do shoulder and knee rehab as they're definite red zones for injuries." The team biokineticist, Robin Arkell, includes rowing, boxing, and plyometrics to test the players' fitness in different ways. "You always need to push yourself as hard as you can when you train because of the unpredictable nature of the game. You never know how long a passage of play is going to go on for."

FAVOURITE MOVES:
Cleans and snatches,
followed by squats, pull-
ups and wind sprints.



Rory McIlroy, 25
The top golfer is no stranger to lifting weights. His favourite exercise: back squats. Golfers can be athletes too.



Sibusiso Vilakazi, 25
The 2014 SA Footballer of the Year is known for his cardio engine. To build yours: hill sprints and shuttle runs.



Andy Birkett, 24
We've been watching his rise since 2012, and he's just won his fifth Dusi title. His secret? Cross-training.



SHERMAH MACHACHA

PERSONAL BESTS

Max Bench: 170kg Squat: 240kg
One-Armed Curl: 42kg Dumbbell

HEIGHT	WEIGHT	AGE
1.82m	88kg	37

"I can train for longer, I don't get tired, there's more calmness and direction in my training, and my determination has changed for the better," says the muscle-bound Machacha, a lawyer and wellness coach, when asked how his training compares now to when he was 20. "I feel stronger and faster, I don't get any kind of illness or injuries, and I have more energy." This married man with kids juggles a demanding job, family duties and his own company, eWellness, in which he has created his own fitness tools (like his body suit, the eGym Life Suit) and exercises. Training-wise, he uses a wide range of techniques: "I do track and field work (shotput, discus, javelin and long jump); functional training; swimming; park runs, hiking, freestyle dancing and MMA," says Machacha. He likes to work with training partners. "I involve everyone in my sessions; even at my local gym I randomly pick fellow members, or I'll train with my children and wife."

FAVOURITE MOVES:

The eFitXtreme Big 5.

"They're primal movement exercises with elastic resistance bands that focus on multi-joint moves to work the chest, back, shoulders, arms, legs and core."



How do you measure up?
Your thirties is where you fine-tune both your stamina and your strength

Film your best attempts, upload to Twitter or Instagram and add the hashtag #FitAtAnyAge

>22min
5KM TIME TRIAL

+10
PULL-UPS
(Strict form, no resting)

+level 12
BEEP TEST
Put two cones 20m apart and go for it.

30s

The Breakdown / You're leaner, tougher and a little wiser. Granted, you're a little stiffer too (you're not made of rubber anymore), but being in your thirties has benefits too. While you can't build muscle as quickly, your cardio engine is stronger and you're benefitting from all the hard work you've done up until now. In fact, most men's stamina peaks in their late thirties. Most of you are now family men with less time, but all is not lost. Instead of just building mass, you need to increase the amount of mobility work you do, and you need to train smart by using lifting intervals. Not only will this make you stronger and fitter in less time, it'll also boost your testosterone and growth hormone. Guys that are inactive can lose 5 percent of muscle mass per decade after 30. So even if you're a gym-hater, you need to become friends with a barbell or start doing calisthenics to stop your metabolism from sliding. Your nutrition lessons: get 2 to 3g of protein per 1kg of body weight daily – don't short change your muscle growth. That's roughly 30-60g of protein per meal (3-6 meals per day). Don't rely too much on shakes – eat complete protein sources (chicken, eggs, fish, venison, yoghurt and red meat).

YOUR SECRET WEAPON

RECOVERY

We're not just talking about sleep and the right post-training nutrition here (but they're important too) – the real game-changers are foam rolling and myofascial release. Your muscle and connective tissue are starting to shorten. Add the fact that most of us sit in a chair most of the day and hate stretching, and we're turning into human koeksisters. Your solution: do proper dynamic warm-ups before every workout session (including foam rolling and mobility work), ones that mimic the exercise moves you'll be doing. And don't just rely on static stretching – that won't stop your hamstring tearing in your weekly touch game. Your goal: not just to end stiffness, you need to increase your range of movement. Foam rollers help keep your fascia (the protective lining that covers all your muscles) supple, preventing knots that restrict recovery and that affect your flexibility.

HEALTH CHECK

1 / Drop the habits

If you want to live a long life, stop smoking and binge-drinking. You survived the damage in your twenties, but now you need to repair and focus on long term goals.

2 / Make your doctor a mate

You're not a poor student anymore, so scrape together the moola to see your doc at least once annually for a full service check-up (blood pressure, blood sugar and cholesterol).

3 / Prune the family tree

Check out your family history, and make sure you have no close relatives with diabetes or heart-related issues.

4 / Dejunk your diet

You can't get away with the regular bad food binges in your thirties. Start eating more colourful food (fruits and vegetables) – and start weaning yourself off processed food.

5 / Check your hormones

From 30 onwards, most men experience a decrease of roughly 1.5% in testosterone every year, and according to the University of Washington, it's associated with decreased muscle mass and bone density, lowered insulin resistance, and feelings of depression. It can also affect your sex drive too. The good news? Strength training can naturally increase testosterone production. Your focus: 3 strength-training sessions a week, with mostly compound moves that focus on more than one muscle group. If that doesn't help, see a doctor.

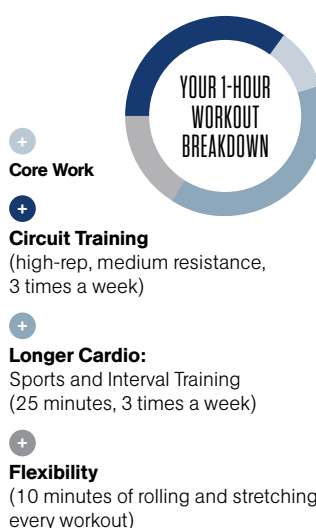
THE HIDDEN DANGER

YOUR OFFICE CHAIR

It's a silent, comfortable enemy that racks up more mileage than an EDM song. Sitting for hours every day means your posture is affected, and your metabolism slows down thanks to the hours of inactivity. Your lower back also takes a beating, and it's the main reason why so many men start experiencing back pain late in their thirties.

The answer / Get up every hour, look into using a standing desk for some of your work, and do some mobility exercises in the office. But most importantly, focus on core work and muscle stamina, both provided by the circuits and moves in your workout. The journal *Clinical Biomechanics* found that men with poor muscular endurance in their lower back are three times more likely to develop back pain than those with fair or good endurance.

YOUR FORMULA



THE WORKOUT

Do this total-body circuit 3 times a week, take 2 seconds to lift up and 2 seconds to bring back down. Perform the circuit below 3 times for each training session, and only stop to rest for two minutes at the end of each circuit.

Bench Press	10 reps
Lunges	10 reps each
Deadlifts	10 reps
Single-Arm Rows	10 reps each
Goblet Squat	10 reps

+ Finisher: 3 sets of...

Plank	30 sec
Side Plank	15 sec per side

PHOTOGRAPH ALEXIS FOTIADIS @ GLOWHIRE.CO.ZA



Floyd Mayweather, 37
Known for his quick mouth, feet and fists. His secret: 20 minutes of skipping daily. "It's a big reason I'm as fast as I am."



Basil Fortuin, 39
"Train your age, but still train hard. I do more body weight work, and focus on moves that increase strength, not mass."



JP Lamont, 31
Our 2014 Cover Guy winner lost a belly to gain a six-pack. His secret: "Start your training in the kitchen."

40s

The Breakdown / As the saying goes, you can't buy experience, and even though you can't build muscle or recover as quickly as before, you've got one big advantage: you know your body and what works for you. You're wiser, tougher, a little heavier – and your fitness priorities are different. You don't want, or need, beach muscle, you need a body that's lean, strong and impervious to injury. The ideal is an athletic build that's flexible, and an engine that never quits. Flexibility is crucial, it's like compound interest in reverse – the more you lose, the harder it becomes to move. And it eventually leads to frailty, which is a swear word in our fitness dictionary. Here's where you need to focus on caring for your body instead of constantly punishing it. This is where bodyweight circuits are the answer – you want less focus on weights and more on moving well. Allied with that, you need to tap into social support. Vary your workouts, play a new, non-contact team sport, find a new hobby – the more different it is to what you're used to, the better. The only caveat? You need to enjoy yourself – that's the only way you're guaranteed to stick to it. Find yourself a rival, a training partner that's ideally stronger and fitter who forces you to lift your game. And lastly, find a challenge like triathlons, Pilates or yoga. Not only is it important to gauge your fitness level regularly, it's also good to embrace something that makes you a little scared to sign up. It's never too late to teach your body new tricks.



YOUR SECRET WEAPON

CORE WORK

A strong core does more than just turn heads; it stabilises your spine and prevents back pain. Weave three core exercises into your workouts three times a week, choosing different moves each day. You might do planks, rollouts, and mountain climbers on Monday, for example, and side planks, Swiss ball pikes, and figure-8s on Wednesday. Once you can do three sets of the plank for a minute each time (and with good form, don't let your hips dip) you'll know you're hardcore – literally.

HEALTH CHECK

1/ Test your body fat

Skip the waste of time that is the BMI (Body Mass Index) and get a proper body-fat test done with callipers. Your goal – you should be under 22%. And this isn't about vanity – if you're obese, you're increasing your risk of lifestyle diseases like diabetes and hypertension, certain cancers and issues like lower limb arthritis and joint

problems. A quick test is also to measure your waist. If the circumference is over 94cm, that's another red flag, especially for heart disease.

2/ See a dietician

This is especially for men who are obese, but can also provide help for guys in decent shape. By tailoring your diet and getting the right foods in, you can improve your training results, recover

faster and even sleep better. Think of it as sharpening the spear.

3/ Make fibre your friend

Connected to point 2, fibre is a crucial part of your diet. Not only does it help with digestion, it fills you up and stops you from craving rubbish filler snacks. And if you're looking for healthier snack options, try biltong, nuts and whole-grain crackers.

Popcorn is better than chips too.

4/ It's glove time

Besides the annual full check up, you also need to have a colorectal exam (it's recommended every 5 years). According to Cansa, if your dad or brother has had some form of prostate cancer, your risk is doubled and you should schedule annual tests from the moment you turn 40.

How do you measure up?

The forties are all about bodyweight work. Turn your body into a barbell

Film your best attempts, upload to Twitter or Instagram and add the hashtag #FitAtAnyAge

+25
PUSH-UPS
(in 60 seconds)

+35
SIT-UPS
(in 60 seconds)

#FitAtAnyAge



FAVOURITE ACTIVITY:
Nothing beats surfing.
It clears my mind
from the day's work.

> FITNESS/40/ENDURANCE



**CORNÉ
KRIGE**

PERSONAL BESTS

Otter Trail Run: 7:19, Absa Cape Epic
2012: sub 8 hours, Bench Press: 145kg

HEIGHT	WEIGHT	AGE
1.90m	90kg	40

"I can feel my body takes a little longer to recover but otherwise I feel like I'm 21," says Krige, legendary Western Province flanker and original hardman of SA rugby. Considering the abuse this ex-Box captain has put his body through, it's amazing to hear. As a player, Krige put everything on the line, and he uses that same kind of passion in his fitness. He has three kids, is an entrepreneur in billboard advertising and co-owner of an energy drink brand, yet still trains six days a week for an hour a day. "I lift weights with my gym partner Derek; and do boxing and Pilates – all at 5:30am when nobody can bother me," says Krige. He also constantly tests himself. "There are no easy fixes. Set goals, enter races and enjoy what you're doing." Krige has run the Otter trail and ridden the Cape Epic MTB race. "Cycling has kept my legs strong and protected my knees."

5/ Work on your balance

Do this test: stand up straight with your arms folded across your chest, close your eyes, and raise one foot, bending the knee at a 45 degree angle. Set a goal balancing for 15 seconds, and increase as you get better. This tests your proprioception and co-ordination, which become more vital with age.

THE HIDDEN DANGER

SALT

South Africa has one of the highest rates of hypertension in the world (over 6.3 million of us suffer from high blood pressure) and the symptoms can be easily missed – so it can be a stealthy killer.

The answer / Cut down on processed foods (filled with salt) and start checking the salt content of your foods. The max recommended daily amount: 5g.

YOUR FORMULA



+
Bodyweight Training
(high-rep, 3 times a week)

+
Core Work

+
Longer Cardio:
Non-Contact Sports
and Interval Training (20
minutes, 3 times a week)

+
Flexibility
(15 minutes of rolling and
stretching every workout)

THE WORKOUT

Hit this bodyweight circuit 3 times,
rest for 2 minutes after each circuit.



Push-Ups	10 reps
Bulgarian Lunges	20 reps
Pull-Ups	10 reps
Squat Jumps	20 reps
Inverted Rows	10 reps

+ **Finisher:** 3 sets of...

Plank	30 sec
Side Plank	15 sec per side



Bear Grylls, 40
The snake-eating
ex-SAS soldier has
created a workout
using HIIT and func-
tional moves. Try it at
bgepictraining.com



Calven Robinson, 47
Ex-world kickboxing
champ and EFC pro
(The Butcher) has
a lesson: hit every
muscle group daily.
Just like martial arts.



Gee van Veijeren, 47
"I keep adapting my
training as I get older
– lighter weights but
higher reps (and I
still always go for
muscle failure)."

> FITNESS/50/AGILITY



**RIAAN
HEINSE**

BODY FAT

9.6% in training, under 5% during fitness competition time

HEIGHT

1.80m

WEIGHT

83.5kg

AGE

52

"I really don't feel my age," says Heinse, owner of Heinz Hair & Beauty Salon. We don't think he looks it either. Even with a full-time job and family (married with two sons), this role model works hard to get stronger and leaner – so much so that he still competes in fitness modelling. His formula: a mix of weights, stretching and cardio; gymnastic and aerial work with a coach; and two sessions with a trainer. But that's all secondary to what Heinse puts on his plate.

"If you eat the right food, you won't crave unhealthy stuff. After 10 years, my training and eating habits have become a routine – I don't see it as 'effort' anymore." Training-wise, he has matured too. "I'm more dedicated now, more focused on my posture, and I listen to my body." His tips: lighter weights at more reps, and trying new challenges to kill boredom.



50+

The Breakdown / The biggest change of hitting 50? You're not just working out to look good – you're doing it to stay healthy (and alive). We can do nothing about the trials of time, but exercise and muscle is the strongest medicine for living the best life we can. Exercise is proven to fight disease, help your ticker work smoothly, boost your immune system, improve your sex life, and even help to keep your neurons firing. Now your joints can't handle bending barbells and injuries happen more easily (if you let them), so it's all about dialling down the intensity and load, and focusing on form. It's crazy to comprehend, but your endurance ability now is just as potent as it was when you were 17. Granted, you can't jump as high or run as fast, but your stamina is still there. If you're still lifting weights, that's great news, as from 50, men lose up to 10% of muscle per decade, which can lead to osteoporosis. Either way, it's about getting both quantity and quality in your training. Get it right, and you'll show those young pups a thing or two.

How do you measure up?

Your focus is flexibility and core strength. Use these two tests to beat the standard

+60sec
PLANK

+34cm
SIT + REACH

Film your best attempts, upload to Twitter or Instagram and add the hashtag #FitAtAnyAge

#FitAtAnyAge



FAVOURITE MOVES: Gymnastic, aerial or balancing work. "I like endurance-based exercises and moves that use my own body weight like push-ups and hanging leg raises, and doing them to failure."

HEALTH CHECK

1 / It's all about your prostate

You should still be having the full yearly check-up, but prostate cancer risk gets higher with age. Most prostate cancers don't have any real symptoms, so you need to be tested even if you don't feel anything is wrong. The two options: the PSA test (Prostate Specific Antigen) which is a blood test that only takes 10 minutes, and the feared DRE (Digital Rectal Examination). The *Lancet Medical Journal* predicts that prostate cancer will increase by 78% by 2030.

2 / Make like a shark

Increase your fish intake. And if you can't do that, look for a decent Omega 3 Fatty Acid supplement. The cells of people with high omega-3 levels age more slowly according to research from the University of California. There's a whole host of benefits, and it's one of the few supplements that have been fully tested and the claims verified.

3 / Adopt a walkies partner

Dogs are the best friend for you and your health. The daily walkies are good for your heart, bones and joints – and the Vitamin D and fresh air don't hurt either. Rather than buy a pedigree, visit your nearest SPCA or shelter and make a dog's day.

4 / Engage your gray matter

Read a book month, start doing Sudoku, become a crossword king or take on all comers in chess. Find something that fires up your brain on a daily basis.

5 / Skip the surgery (if possible)

This is a blanket statement but it's a true one – don't rush to go under the knife unless it's absolutely necessary. In most cases, therapy and rehab will fix the problem. You don't want to risk going under and spending a lot of recovery time lying prone on a bed.

6 / Check your eyes.

This is a screen for glaucoma and cataracts and it should happen every two to three years.

THE HIDDEN DANGER

RETIREMENT

When you stop working, you lose part of your identity, and mentally it's a huge factor that plays into your life goals and motivation. While many see it as finally the chance to fish or play golf, you should think carefully about what you want to do. Those guys have got it partly right: you do need to find something you enjoy doing, but it's about more than just hobbies – you need to find a purpose too. It can be home renovation, a work consultancy deal, a family project or volunteering your services at a charity organisation (or a combination of a few). **The upside** / You'll be motivated to get more out of each passing day. And let's be honest – this is when you need to carpe diem.

YOUR SECRET WEAPON

RUNNING

Yes, you read that right. Contrary to popular belief, running won't kill your joints. In fact, it may even help prevent osteoarthritis. According to researchers at Baylor College of Medicine in Texas, regular running at any age may decrease your odds of developing osteoarthritis in your knees. They analysed data from nearly 3 000 participants in a long-term study. And best of all, it doesn't matter what age you are when you begin running. In fact, the average age of participants was 64.7. Get yourself some shoes with decent support, and hit the tar (or trail).

YOUR FORMULA



+ **Low Intensity Training** (high-rep, low weight, 3 times a week)

+ **Core Work**

+ **Moderate Cardio** (20 minutes, 3 times a week, never over 70% heart rate)

+ **Flexibility** (20 minutes of rolling and stretching every day)

THE WORKOUT

Perform this workout 3 times a week, but the flexibility every day. Do the strength circuit below with 30 seconds between moves, and take one minute rest after the whole circuit. Do it 3 times in total.

Flexibility

Foam Rolling	10 minutes
Kneeling Hip Stretch	10 reps
Lateral Squats	10 reps
Hamstring Stretch	10 reps
Doorway Pec Stretch	10 reps
Bridge Holds	3x10sec

Strength: 3 sets of...

Push-Ups	10-20 reps
Air Squats	12 reps
Lunges	12 reps each
Inverted Rows	12 reps
Plank	30-60sec
Side Plank	3x 10 sec

Laird Hamilton, 50
The tow-in inventor is ripped at 50. His move: weighted underwater walks. Good for strength and lung capacity.



Craig Smith, 51
A former boxing trainer, now a medical student. "Don't let your age stop you trying new things in fitness – and in life."

Eugene Koonin, 56
"Resistance training should be at least 50% of your plan. It'll raise your metabolism and increase your strength." **MH**

1000

GREATEST THINGS IN HEALTH

We've rounded up the best life-changing innovations and cutting-edge science to help you become leaner, fitter, happier and even a little smarter – and all in less time. Here's to your health

BY ARTHUR JONES
AND MH STAFF



01

The Doctor's Room of the (Near) Future
Plug into your next health check, pain- and queue-free

Mark Zuckerberg paid billions for Oculus Rift, the first viable virtual reality headset. But while it's set to make *Grand Theft Auto* disturbingly lifelike, it could also revolutionise your wellbeing. University of California researchers say VR health checks with your GP are now a real possibility. **THE BIG SELL** / Immersive virtual environments can also be used to overcome phobias and even PTSD, research shows. At the very least, it might mean you skip the long wait in the doctor's reception room (best news ever). oculusvr.com



Men's Health

02

Muscling in on the Action

Train longer and recover faster with DOMS-ending compression

Compression isn't anything new, but the latest research has finally shown conclusively that you need to get tight with these support players.

Loved by athletes across a number of different sports, 2XU compression has been thoroughly tested by physiologists and scientists at the reknowned Australian Institute of Sport. We've trained in them too, and we're also fans.

THE BIG SELL / These garments will improve your performance in both your training and your recovery by helping your circulation. Granted, it's only going to help you a few percentage points (up to 5 at most) but it's enough for us. 2xu.co.za

NOT
JUST FOR
ATHLETES.
2XU IS WORN
IN COMBAT
BY NAVY
SEALS

03/ THE TRAINING TACTIC

HIIT (High Intensity Interval Training) is a fast-paced training tactic that puts your lungs and grey matter through their paces. You'll be able to do it at small-scale gyms as well as big chains like Planet Fitness. Their GRIT workout provides a class option. "Combining cardio, plyometrics and strength training, each session burns 3 138kJ," says Dave Kyle, head trainer at Les Mills, the company behind GRIT. **THE BIG SELL** Stamina boost aside, Goethe University in Germany found HIIT raises BDNF – a chemical that aids cognition – so you get brains and brawn in one powerful package. For more on GRIT and where you can sign up, visit planetfitness.co.za.

04/ ELECTRONIC DIETICIAN

The BitBite is the first piece of wearable tech (it sits in your ear) that gives real-time suggestions and coaching, and monitors your kilojoule intake. You tell it what you're eating (by saying it out loud) and it does the rest. **THE BIG SELL** Dieticians are all well and good, but they can't be with you for every meal. It has just finished doing the necessary fundraising and final testing, and units are shipping in June. indiegogo.com

05/ THE POWER TUNE

According to researchers at Brunel University, a soundtrack of songs at a tempo of 130 beats per minute is exactly what your brain needs when you embark on an hour of PB-beating cardio. **THE BIG SELL** You don't need to follow anyone else's particular taste: to find songs, check out soundcloud.com and search using the hashtag #130bpm. Steer clear of Pitbull at all costs.

06/ THE DRINKING BUDDY

Made by scientists in Canada, the Vessyl cup tells you exactly what you're sipping on by measuring the molecules of the liquid and sending the dirty details to your phone. **THE BIG SELL** The cup reveals how much sugar you're downing per slurp. You'll see that organic smoothie for what it really is and keep your weight loss plan on track. From **R1 400** myvessyl.com



07/ THE SHADES

Spy Optics' Happy Lens sunglasses block out harmful UV rays and protect your eyes, like most good shades. Unlike others, however, they allow long-wave blue light to pass through. **THE BIG SELL** Research from Brigham and Women's Hospital in Boston found that this blue light increases mood and alertness. We call that bright thinking. spyoptics.com

08/ THE NECK SAVER

Assuming you're not going to stop binge-watching YouTube clips or series downloads on your iPad, this keyboard and case combo from Logitech props up your tablet at the exact angle to prevent stooping. As well as ensuring catch-up TV isn't a pain in the neck, the posture fix makes you more attractive, the University of Groningen found. **THE BIG SELL** Letting go of your hunch also reduces stress: Harvard research shows that by sitting and standing taller you'll lower fat-triggering cortisol levels by up to 25%. Logitech Ultrathin Keyboard Folio R521 takealot.com

09/ THE IN-FLIGHT GERM KILLER

The next time you hear someone sneeze on a plane, take comfort knowing you can protect yourself from "flew" on holiday. The all-natural Ecohealth antibacterial spray kills 99% of airplane-borne bacteria and has no DEET or toxins. It's a small bottle that won't take up too much space either. **THE BIG SELL** Among its many victims is MRSA, which can live on plane seats for 168 hours. This spray kills it in a minute. Safety briefing over. ecohealth.co.za

10/ THE INDOOR FOREST

Whether you work from home or in a big cubicle farm, greenery does you good. Invest in any of the following plants (each has individual benefits): Areca Palm, Aloe Vera, English Ivy, Gerbera Daisy, Spider Plants and the Sword Fern. **THE BIG SELL** Research shows plants improve your perceived health and lower anxiety, and they help to clean the air (and in some cases, even make it smell better).



11

THE GREATEST... SHOW ON EARTH

As well as being the most pirated series in history, *Game of Thrones* makes you a better person. The University of Sussex found that complex moral narratives stifle your inner Joffrey and raise altruism.

WHEELS OF GOOD FORTUNE

It's not always about the bike. Use smart rider protection

12



The Biking Helmet

Unlike most bike helmets, the Lazer Z1 can be adjusted to fit your pip. An ill-fitting one can double your risk of head injury in a crash, especially if it tilts back. Lighter than the industry standard, and the rear spoiler will please your inner Cavendish. **THE BIG SELL** / The helmet has in-built temple protection – crucial since that's the most vulnerable part of your head. Visit jjcycling.co.za for more.

13



The Safety Lights

Attach these colourful LED lights to your bike wheels, and not only will you be a whole lot more visible to cars (and buses, and taxis) but they'll light up your path in the dark early morning or late evening. Best of all, they add a *Tron*-like feel to your work commute. **THE BIG SELL** / A big (very big) portion of bike and car collisions occur due to bad visibility. Revolights City V2.0 from **R2 319** revolights.com

1ST-WORLD SOLUTIONS

Even life's trivial stress-causers can lead to illness. Buy your way out

The Smart Home

THE CRISIS After a late shift, there's no craft beer left in the fridge.

THE FIX SMS your LG Home Chat fridge and it'll send a pic of the shelves (and how many beers are left). Visit lg.com for more info.

The Media Hub

THE CRISIS Channel-hopping for ages to find something to watch.

THE FIX Rather invest in either Apple TV (if you have a Wi-Fi set-up), the Altech Node (go to node.co.za) or DStv's Xplora. You'll spend less time searching, and more time watching stuff you actually enjoy.

The Bright Light

THE CRISIS You're 20min behind on your morning schedule... again.

THE FIX Philips Hue LED bulbs act as an alarm, flashing five minutes before you need to leave. **R2 834** nubra.co.za

The Snack

THE CRISIS You're hungry.

THE FIX Create a superfood with more cancer-fighting polyphenols than fruit and vegetables (according to the American Chemical Society) with the Severin Popcorn Maker. The kernels are air popped (no oil needed). **R599** yuppiechef.com

The Wine Cellar

THE CRISIS No room in the fridge for your growing wine collection.

THE FIX Protect the antioxidants in your white with an AEG 180 litre wine cooler. **R7 250** hirschs.co.za

The Wine Saver

THE CRISIS You pour half-bottles of wine down the drain.

THE FIX The La Creuset Wine Pump (with 3 stoppers) sucks the air from an open bottle and locks it to stop any of the vital nutrients degrading. The latest research from Harvard University shows that moderate consumption lowers your risk of pancreatic cancer. **R190** yuppiechef.com

The Back-Up

THE CRISIS Eskom lets you down.

THE FIX Keep a slim, potent battery in your work bag you that can charge up your laptop, smartphone or tablet (and all at once). Red-E Powerbank **R600** sportsmanwarehouse.co.za

The Password Pill

THE CRISIS Forgot your password.

THE FIX Swallow Motorola's prototype Edible Password Pill, which has a tiny chip that's powered by stomach acid. It transmits 18-bit EKG signals that can be detected by phones and computers (it still needs final approval from the FDA).



ONE HOUR IN THE SUN WILL KEEP THIS WATCH TICKING FOR A YEAR

14

The Guiding Light

Harness smart tech and intuitive design to keep track of the time (and the weather)

A bright update of one of the first truly smart watches, the Tissot T-Touch Expert Solar measures temperature and tracks the weather – so if you're caught in a squall without a jacket, it's your own fault. It's also solar-powered so you'll never have to change the battery.

THE BIG SELL "This does what most smart watches fail to – puts design first," says James Gurney of QP, a globally read magazine specifically created for the fine watch market. Contact Arthur Kaplan (011 669 5600 or arthurkaplan.co.za) for a quote.

23 / 24

Net Profits

Use science, tech and groundbreaking design to become the complete player

23/ THE BOOT

Physiotherapist Vladimir Janda found playing barefoot stimulates proprioception – your sense of balance and coordination. Enter Puma's evoPOWER 1.2 FG boots, which bend with your feet, giving you more control over the ball.

THE BIG SELL /

Along with lightweight flexibility, the boots have stability material in the midfoot to keep you from rolling over your ankle. **R2199**
Puma.com



THE BOOTS' FRAME BENDS WITH YOU TO MIMIC A BAREFOOT KICK

24/ THE BALL

The old pig's bladder has undergone a technological revolution – the Adidas miCoach Smart Ball comes with high-tech sensors to monitor the power and curve of every strike.

THE BIG SELL / The ball sends feedback to your phone. Consider it a digital coach, and the start of a new trend of tech in sports. Go to adidas.com for more info.





THE GREATEST... DEPRESSION BEATER

Forget runner's high, yoga is 3.4 times more likely to rid you of depression and anxiety. The key is matching your breathing to your movements.

25

26/ THE DIGITAL SPOTTER

The world's only high-tech stress ball, the TAO WellShell lifts isometric strength, which improves your bench press by 40%, Canadian research shows. Put the squeeze on.

THE BIG SELL It also sends progress updates and tips to your phone. Visit justtao.it from more info.

27/ THE TEST

Try this: from a seated position (butt on the floor), try stand up without anything but your feet touching the ground. Any use of the following is out of bounds: hands, knees, forearms or the sides of your legs. Then sit down the same way. The key predictor here is stability not speed. Your starting score is 10. Each time you touch down with any of the above body parts as you sit, subtract one point. Do the same as you stand back up. A score of 8 is good.

THE BIG SELL According to Gama Filho University, if your musculo-skeletal strength is good, you're 6.5 times less at risk of death from old-age disability.

28/ THE HOBBY

Head over to golddigest.co.za and check out their *Top 100 Golf Courses in South Africa*. Make it your goal to play on as many as you can this year.

THE BIG SELL Recent research in the *Scandinavian Journal of Medicine & Science in Sports* by the Karolinska Institute in Sweden has found the death rate for golfers is 40% lower than for others of the same sex, age and socioeconomic status. This equates to a five-year increase in life expectancy.

29/ THE COMPANION

The antidote to anxiety has four legs: a new study in *The Animal Behaviour Journal* reveals a Border Collie is best at following gestures.

THE BIG SELL Scientists say the trait makes them the most interactive pets, best able to release stress-killing oxytocin and lower blood pressure.



30/ THE WATER BOTTLE

Using old plastic bottles for your water means you get more chemicals in your water than you want (or need), and buying lots of one-off purchases is bad for the environment. The answer? Get a decent bottle that is both good for thousands of uses and is easy to clean.

THE BIG SELL The square Clean Bottle can be opened from both sides, so you can properly wash it. And you need to. The University of New South Wales found the "wash back" in normal bottles increases the bacteria lurking at the bottom. From **R150** store.cleanBottle.com

31/ THE TOP SCALES

Never fall prey to a kilojoule-laden "salad" from a top chef's cookbook again. Prep Pad, the only set of scales to measure kilojoules as well as the weight of your ingredients, ensures you'll never plate up more than you intend to. **THE BIG SELL** Cornell University research found the ability to accurately gauge kilojoule counts to be a key predictor in men's chance of being overweight. This is one weigh-in where nobody ought to get upset. **R3 535** wantitall.com

32/ SLEEP COACH

The Aura is about the only gadget allowed in your bedroom. It emits "pink noise" – sounds like rain and wind – which research at China's Peking University found can improve your sleep quality.

THE BIG SELL This high-grade system monitors your movements through a sensor under the mattress, using sound and light to help you sleep and glowing to wake you up at the optimal point in your sleep cycle. Unfortunately, it's very expensive but it's good to see where the tech is going. If you're looking for a budget-friendly option, check out the free app called White Noise Lite for iOS and Android. Withings Aura System **R4 800** DionWired

33/ THE GREATEST... RUNNING TIP

Looking to get fitter, faster? Stay off the flat roads and start sprinting up hills.

THE BIG SELL According to *The Journal of Strength and Conditioning Research*, interval runs on a moderate hill (or treadmill with a 10% incline) will improve your VO_2 max and jumping ability in half the time it takes with level training.

THAT'S THE SPIRIT

Alcohol doesn't have to cause hangovers. Choose wisely to get healthier benefits

34



The Spirit

For a slimmer slammer, rack up a bottle of Don Julio, which has higher levels of agavins than other tequilas.

THE BIG SELL / These natural sugars help to lower blood glucose, preventing your body from storing excess fat, according to the American Chemical Society. **R489** bottleshop.co.za

35



The Scotch

Per serving: 0.04g carbs.

THE BIG SELL / Drinking Highland single malt whisky responsibly can lower risk of heart disease, says the US Department of Agriculture. **R389** bottleshop.co.za

THE GREATEST... HOME GYM

SKIP THE QUEUES AND FEES. START HOME IMPROVEMENTS

The Bike

The hardest cardio machine you'll find in a gym, this air bike uses wind resistance to make the workout tougher the harder you push and pedal. Assault Airbike **R14 600** gymconcepts.com

The Pull-Up Bar

It doesn't get more classic (or more effective) than this. Consider it a one-way ticket to a stronger upper body. Wall-mounted Pull-up Rack **R547** gymconcepts.com

The Barbell

Just like the pull-up bar, old school is sometimes still the best way to build muscle and get fitter. Invest in an Olympic bar, and get some rubber bumper plates and spring collars for home. It's expensive, but still way cheaper than a gym membership. Black Olympic Bar from **R2 850** (plates start at **R339**) rebelsport.co.za

The Weighted Vest

The 6kg of weight in the Crosstrainer system is spread evenly (wrist, ankle, torso harness and waist belt), the material is waterproof and super strong, and you can use it anywhere. It all comes packaged in a tough net bag that can be used as a kettlebell equivalent at home. There's also a 20kg option too for those wanting a heavier challenge. **R1 250** Sportsmans Warehouse

The Medicine Ball

A tough, 9kg ball that'll probably outlast the rest of your training gear. **R355** gymconcepts.com

The Gymnastic Advantage

Ever seen a weak gymnast? Olympic rings allow you to do dips, rows and gymnastic moves like the iron cross. We prefer wooden rings over the plastic options. **R953** gymconcepts.com

Nature's Supplement

Moderate UV exposure (don't forget sunscreen) releases nitric oxide in the skin, which can help you drop kilograms and lower your diabetes risk, according to the *Diabetes* journal. Train outside.

Timing Partner

Get a professional, easy-to-see wall-based clock (with remote) to keep track of your intervals. Interval Wall Timer **R3 350** rebelsport.co.za

The Soundtrack

These legal performance boosters can be used anywhere and have a unique swivel and ear-filling design that means they won't fall out – no matter how much you're sweating. Monster iSport Strive **R654** firstshop.co.za

45/

THE DICER

Unlike most blenders, the Nutribullet leaves no pulp or fibre behind – it's all sliced and diced into a liquid that's filled with goodness. And it can mill nuts (almond butter anyone?) and grains too.

THE BIG SELL Stainless steel blades ensure fewer germs and bacteria hang around your kitchen, according to research from NSF International. **R1 999** yuppiechef.com

46/

THE HEADPHONES

Silence is golden. Bose's QuietComfort 15 noise-cancelling phones block out cackling salespeople in the office to boost your concentration, productivity and promotion chances. A custom fit keeps them secure and comfy.

THE BIG SELL Research from The Mayo Clinic found that it only takes 15 minutes of music to raise motivation. **R3 000** Dion Wired

47/

THE PASTA MAKER

Simple carbs are the enemy of abs. The Spirelli Spiral Julienne Slicer slices your vegetables into pasta-like strings by using it like a pencil sharpener – it's a like a noodle maker for your veggies. Turn courgettes or carrots "spaghetti", saving you from that post-pasta insulin spike. *Bella*.

THE BIG SELL As well as flattening your stomach, the University of Alabama found that cutting out carbs also reduces visceral fat, lowering your disease risk. Go easy on the Parmesan though. **R389** yuppiechef.com

48/

THE GREATEST... PROTEIN BAR

Not enough time to make a healthy meal or smoothie? Looking for a portable protein source that doesn't taste like melted cardboard and that isn't filled with hidden sugars? If it's yes to both, then Quest bars are the way forward. They aren't cheap, but they do provide 20g of quality protein in easy-to-eat bars in really good flavours (we're torn between the Banana Nut Muffin and Peanut Butter Supreme).

THE BIG SELL They're the first truly low-carb protein bar that doesn't contain glycerin or simple carbs and uses no sugar alcohols. Treat yourself to one after your next session. **R35** each (available in boxes too). gnc.co.za

49

51

POWER ENHANCERS

Muscle up in the kit that does the hard work for you

The Wind Breaker

The First Ascent Supreme jacket shields you from all kinds of weather and weighs less than a pack of blueberries. Store it in your kit bag so you never get cold or held up by wind. **R899** firstascent.co.za

The Pain Eraser

A couple of dabs of 100% Pure Eucalyptus Oil on your towel makes your post-shower rub-down as good as a massage: the oil's benefits also include a stronger immune system says *Immunology*. Not only will you feel better, you'll smell better too. **R45** bonnaturaloils.co.za

The Double Dose

Bodybuilders have known about AKG (Alpha-ketoglutarate) for a while, but new research in the journal *Nature* suggests it could also lengthen your life. And you can get it in a Creatine combo. **THE BIG SELL** In tests on mice, a regular dose doubled their lifespan, having the same effect as kilojoule restriction. Only you don't have to put your knife and fork down. Creatine Overdrive (contains AKG) **R190** supplementsa.co.za



WITH 50% OF THIS CAR'S TORQUE IN THE REAR WHEELS, HANDLING IS EASY

45



46



47



53



THE GREATEST... OF GREAT OUTDOORS

Yes the beaches and wildlife are lovely, but the Commonwealth Research Organisation also found the air in Tasmania is cleaner than any other inhabited place on Earth (it's comparable with Antarctica). The tickets to Hobart are expensive (cheapest options are through Emirates – check travelstart.co.za) so if you're looking for a local option – check out Sutherland. Remote, and with very little light pollution at night – it's perfect for stress-reliving stargazing. Discoversutherland.co.za

Horsepower Happiness

Leave stress and skidmarks behind and self-administer some adrenaline

Not many doctors' prescriptions can easily reach 230km an hour, and this beast is a bona fide tonic. Because the open road is the last place you want your mind to wander, Mercedes' muscle bound SUV has "attention assist technology" to give you a friendly slap in the face. It monitors your behaviour and alerts you when you need a break.

THE BIG SELL The turbocharged AMG model has a 355bhp engine. That in itself should nullify any distraction, but it also gives you a short-term burst of adrenaline. Stanford University found that the rush is a shot in the arm for your immune system. Mercedes GLA 45 AMG from **R785 200** mercedes-benz.co.za



54/ THE TIME KEEPER

It's a rare thing to find an activity tracker that looks like a watch, not a data stick, but Withings' Swissmade Activité pulls it off. The timepiece accurately measures the distance you run or swim – with no need to take it off before your post-gym date.

THE BIG SELL The watch automatically tracks your sleep, telling you (via an app) how much deep REM you're getting: a crucial marker for your risk of heart disease, according to research by the University of California. **R5 325** Pre-order through Store.orange.com

55/ THE REPLACEMENT ORGAN

For Type 1 diabetics, the Artificial Pancreas works just like the real thing, and shuts off insulin supply when it detects sugar levels dropping.

THE BIG SELL This can stop people from falling into diabetic comas at night. It's also already approved by the FDA.

56/ THE GREATEST... MOTIVATOR

If you want to get better in every single training session and never skip a session again, then choose your training partner carefully.

THE BIG SELL According to the *Psychology of Sport and Exercise*, working out with people that are fitter and stronger than you can improve your training performance by 20 percent. By watching them do an exercise better than you can spur you on to do better.

57/ THE BLADE

Victorinox is known for their multi tools, but we also love their range of sharp, relatively cheap kitchen blades. This has a straight-edged, stainless steel 12cm blade that lets you slice through the thickest steak without tearing muscle fibres. That stops its nutrients from running out.

THE BIG SELL The carbon stainless steel prevents bacteria from hanging around. **R175** Yuppiechef.com



58/ THE DISTRACTION

With Victoria's Secret and *Sports Illustrated* on her CV, beautiful women don't come better qualified than Irina Shayk. And now, in what has to be our favourite research of the year, *Social Psychology* found that your mind goes blank when you spot a beautiful woman, suspending stress and anxiety.

THE BIG SELL Ms Shayk has advice for you: "I hate obvious compliments. Tell me how elegant I am." You heard the woman.

59/ THE HOTTEST FAT-BURNER

Carolina Reaper Nemesis is made with the Carolina Reaper chilli, cultivated for the sole purpose of blowing off your head and your metabolic rate. It hits 2,200,000 on the Scoville Heat Scale.

THE BIG SELL Purdue University found that the active ingredient, capsaicin, also reduces your cravings for sweet and salty foods. Order the Reaper from seedsforafrica.co.za



60

Watch This!

Start your big screen action career with this stunt partner

The selling point of this camera: the ION Air Pro 3 action cam is 6g lighter than the industry standard.

THE BIG SELL This light camera won't weigh your head down and compromise your vision on the road.

R2 999 outdoor-photo.co.za

61

BEDSIDE MENTORS

We've summarised the key lessons from the best health books

67

The Protein Masterchef

The Ultimate Protein Pow(d)er Cookbook by Anna Sward

FOR The gym bro who can't take one more shake. Increase your culinary skills in the way of the muscle menu.

TIP Cooking whey doesn't make it any less potent.

R297 kalahari.com

The Long-Life Champion

A Short Guide to a Long Life by David B Agus

FOR Busy men who want proven health fixes. And they're mostly small tweaks rather than wholesale changes – don't be lazy.

TIP Some multivitamins inhibit the body's natural disease defences.

R261 kalahari.com

The Healthy Hedonist

Sex, Drugs and Rock n Roll by Zoe Cormier

FOR Those who like the dirty path to rude health. It's the most unconventional book in this list, but it also has some of the best advice.

TIP Skip a shower each week. It ups production of healthy bacteria.

R297 kalahari.com

The Fat Controller

Burn the Fat: Feed the Muscle by Tom Venuto

FOR The yo-yo dieter who wants results that last. Instead of relying on dodgy shortcuts and infomercial products, learn these basic tenets for guaranteed success.

TIP Mix cardio and resistance work so you lose fat, not muscle.

R297 kalahari.com

The Fitness Catalyst

Fat Man to Green Man by Ira Rainey

FOR The cardio sceptic still finding his feet. Ira is a normal guy that turned his life around for the better and offers simple, practical advice.

TIP Train twice every day to turn cardio into a habit, not a chore.

R198 kalahari.com

The Body Mechanic

Becoming a Supple Leopard by Kelly Starrett

FOR The inflexible and the continually injured. Consider this a course to help you perform self-maintenance.

TIP Swap out static stretching, and start doing full-body mobility instead.

R804 kalahari.com

The Veggie Chef

Thug Kitchen by Michelle Davis and Matt Holloway

FOR People who want tasty vegetables and cruder language. This unpretentious book offers brilliant (and often funny) advice.

TIP Plant-based protein is cheaper than the animal option.

R297 kalahari.com

68/ THE PACK

When you're tearing downhill on a bike or your own two feet, the lightweight, 28-litre Deuter Futura daypack has your back.

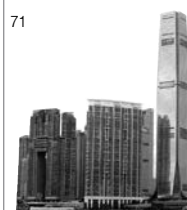
THE BIG SELL The *British Journal of Sports Medicine* found that its style of cushioning cuts your spinal injury risk, and the ventilation system will prevent you from overcooking on the slopes.

R1 099 Cape Union Mart

69/ THE GREATEST... (AND CRAZIEST) HEALTH MONITORS

The Scanadu Scout is a sleek, beautiful, futuristic health scanner that's also the most powerful on the market. For on-the-go, medical-grade heart rate analyses, blood pressure and blood oxygen tests, just hold it to your forehead. And when it's coupled with the Scanaflo it can also do another important health check: urine analysis. Yup, you read that right.

THE BIG SELL Urine testing isn't only for doping athletes. If you're serious about training, the data it provides is invaluable. It tests for levels of glucose, protein and strength-sapping nitrates. Pre-order both tools from scanadu.com

**70/ THE PEAK**

Visors aren't just for hardcore triathletes and guys who want to look like hardcore triathletes – use this smart peak while running and you can skip having to check your smartphone for on-the-go performance stats.

THE BIG SELL This peak displays the precise facts and figures from your workout right before your eyes through a wireless ANT+ connection (you'll get heart rate, lap times and more). Screeneye X from **R1 900** o-synce.com

71/ THE GREATEST... GETAWAYS

Your best weekend away is your next weekend away... whether it's a spiritual retreat (try Emoyeni in the Magaliesberg), a yoga escape (go to Bodhi Khaya in Gansbaai) or a health hydro (try Brookdale in Nottingham Road, in the KZN Midlands).

THE BIG SELL In a study of nearly 1 400 participants, researchers at the University of Pittsburgh found that – surprise, surprise – taking leisure time leads to experiencing more positive emotions, less depression and more satisfaction.

THE GREATEST... ESCAPE

Denmark was voted the world's happiest country; double your endorphin rush by signing up for the Copenhagen Ironman (you'd better start saving now). ironman.com

72

PUT MONEY WHERE YOUR MOUTH IS

Your teeth and gums aren't just there for photo opportunities – they're also markers for your heart health. Start looking after them

73

**The Smart Toothbrush**

The future of teeth hygiene, the Kolibree tells you via your phone when (and where) you've missed a bit through a brilliant app and some slick graphics. **THE BIG SELL** / Most people only brush 60% of their teeth, says the British Dental Health Foundation. Check out Kolibree on kickstarter.com and invest in one to improve your toothbrushing.

74

**The Teeth Whitener**

Forget floss. Shoot mouth-wash at your teeth instead. **THE BIG SELL** / It'll also blast your risk of heart disease, says The Adult Dental Health Survey. Two for one benefits. **R2 624** wantitall.co.za

75

**The Chewing Gum**

Sugarfree gum with Xylitol that helps saliva production and plaque reduction. **THE BIG SELL** / It will also help you with bad breath. Spry Xylitol Chewing Gum **R17** exceptional.co.za

GREATNESS BY NUMBERS**#1 VITAL STATISTICS TO MAKE YOU GREAT****12 minutes**

The amount of time you should exercise to improve brain function before a big meeting or assessment. *Frontiers in Psychology*

6 hours

Sit down for no longer than this every day or your risk of heart disease increases by a worrying 64%. *Medicine & Science in Sports & Exercise*

4

The number of strawberries you should eat daily to lower your blood pressure. Add them to your salads. *Mayo Clinic*

6 000 steps

Walk this far every day – it's roughly 5 km – to lower your risk of arthritis by up to a fifth. *Arthritis Care & Research*

35

The age at which your sperm quality falls dramatically. If you want kids, best bear it in mind. *French National Institute of Health & Medical Research*

1.5 hours

Award yourself a lie-in of this length on weekends to slash fatty food cravings. *University of Chicago*

360 seconds

Let your teabag brew for this long to maximise taste and increase the antioxidants in your mug. *University of Northumbria*

12%

Body fat percentage women find most attractive. Do heavy lifting, three times a week. *The University of Dundee*

79BPM

The resting heart rate you should never exceed – research shows anything from 80 up raises your chance of both obesity and diabetes. *The American Journal of Hypertension*

6%

The improvement in cyclists' 20K times after they completed 4 sets of 5-rep max leg presses 10min before the race. *The Journal of Strength & Conditioning Research*

0.30 seconds

The average time you can shave off your PB sprint by adding high-intensity plyometrics to your training. *Journal of Sport & Health Research*

THE GREATEST... EDIBLE LIFE EXTENDERS

PUT THESE FIVE POWERFOODS ON YOUR PLATE USING OUR NEW KITCHEN TRICKS TO LIVE A LONGER, HEALTHIER LIFE

Broccoli

Yes, it's not the tastiest, but it's a nutritional powerhouse. This king of the greens detoxes your body and fights cancer. Contains 3g of protein, and plenty of calcium, manganese, potassium, phosphorus, magnesium, vitamins (A, C and K) and iron.

KITCHEN UPDATE Blend it with cauliflower to make a muscle mash.

Beetroot

These help improve your bloodflow by helping to dilate your blood vessels – plus, they're packed with iron to improve your oxygen uptake. Filled with nitrates (great for cardio athletes), and folate and betaine, they lower your blood levels of lower of homocysteine, an inflammatory compound that can increase your risk of heart disease. The natural pigments have also been proved to be cancer fighters in laboratory mice.

KITCHEN UPDATE Slice it up raw and fresh (more antioxidants) or use it to give crunch to a burger.

Blueberries

A recent study out of the City of Hope Hospital found that blueberries might have the power to combat cancer growth. Other purple-coloured foods – such as purple potatoes, blood oranges and eggplant – provide a similar anthocyanin benefit. A hundred grams of these berries provide more antioxidants than any other fruit.

KITCHEN UPDATE Freeze them and eat them like sweets when the craving hits.

Cinnamon

Cinnamon helps control your blood sugar, which influences your risk of heart disease. Researchers have found that people with type-2 diabetes who consumed 1g of cinnamon a day for six weeks (about ¼ teaspoon each day) significantly reduced not only their blood sugar but also their LDL (bad) cholesterol. This is thanks to the spice's active ingredients, methylhydroxychalcone polymers, which increase your cells' ability to metabolise sugar.

KITCHEN UPDATE Just sprinkle the powder into your coffee or onto your oats.

Prunes

Favoured by old folks (and for good reason), dried plums are pumped full of goodness. They're not just good for fibre, they also contain high amounts of neochlorogenic and chlorogenic acids, antioxidants that are particularly effective at combating free radicals that can cause cancer.

KITCHEN UPDATE For a great appetiser, wrapping them in prosciutto and baking them for 10 minutes until the plums are soft and the prosciutto is crispy. Add stewed prunes to your morning Greek yoghurt, or puree them and add to your smoothie.

THE SUPPORTING PLAYERS

Looking to smash your limits? Then it's time to invest in a powerful team. These three products will help you perform at your best

92



The Foot Saviour

Barefoot running has benefits, but the honest truth is that most people don't have the form to run with little support over long distances.

THE BIG SELL / HOKA ONE provides lightweight shoes with extra-thick midsoles, providing extra support and stability. Find out more at royaltysports.co.za

93



The Back Brace

Protect your back when attacking your lifting PBs with the ground-breaking Zamst ZW-5 Lumbar Support belt.

THE BIG SELL / Its lightweight, breathable design means it won't restrict any part of your training and it'll never slip. **R900** (not including delivery) roguefitness.com

94

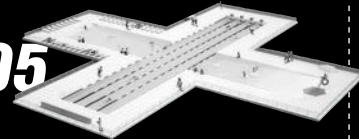


The DOMS Destroyer

Destroy stiffness with smart currents. **THE BIG SELL** / We've always been sceptical of claims that you can build muscle through shock treatment, but the Marc Pro isn't about growth – it helps you recover through the use of electrical currents – and it's been proven through research.

R7 500 marcpro.com/store

95



THE GREATEST... PUBLIC POOL

The planned Plus Public Pool will float in New York's dirty rivers around Manhattan, the first water-filtering, floating pool ever. No chemicals or additives, just one huge, smart filter.

96/ THE KNOT FIXER

Get all the benefits of a deep tissue massage without parting with serious cash and the leftover arnica smell.

THE BIG SELL It can unravel knotty muscle and connective tissue in minutes by forcing a stretch reflex. **MobilityWOD Supernova R460** roguefitness.com

97/ THE GREATEST... WEIGHT-LOSS FORMULA

STRATEGY Use the PRISE plan: eat (P) protein daily, and do a four-hour mix of (R) resistance training, (I) intervals, (S) stretching and (E) endurance weekly.

THE BIG SELL *The Journal of Applied Physiology* found that subjects who used the PRISE formula for 16 weeks lost up to 3kg more than people than just did one type of exercise.

98/ THE HEALTH LOG

Apple's new (free) Health app pools your personal info and helps you work out trends and strategies to cut fat, beat PBs or manage a health condition.

THE BIG SELL The app also serves as a digital medical record, storing your blood type and other life-saving info.

96



99



100



99/ THE LIFECHANGER

One of the best inventions in the last year, the Rewalk system uses a customised exoskeleton to power hip and knee movement. It uses motion sensors and onboard computers to provide a natural gait and fluid movements in any direction. This system is used with crutches for support.

THE BIG SELL It empowers partially disabled people to walk and climb stairs again. Find out more at rewalk.com

100/ THE SMARTER SUGAR REPLACEMENT

Next time you want to outsmart a health snob, drop a mention of the Peruvian fruit lucuma. It accelerates healing and promotes skin regeneration, according to research. Don't go hacking through snake-riddled jungles – the fruit is available in powder form.

THE BIG SELL Unlike sugar, sweet lucuma helps to offset diabetes, says the *Journal of Medicinal Food*. Just think of it as nature's sweetener. **R141** (200g) faithful-to-nature.co.za

MH



update your colour



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XTWNA19/W13/2015

TRUCK SHOP

▲ The only difference between your cramped apartment kitchen and a food truck is vulcanised rubber and a multi-coloured paint job (we hope) – so who better to school you in the art of making more from less? Listen and learn from these street carts of desire

BY PIETER SMEDY

PHOTOGRAPHS BY CASEY CRAFTORD, CHRIS SAUNDERS AND JON MEINKING

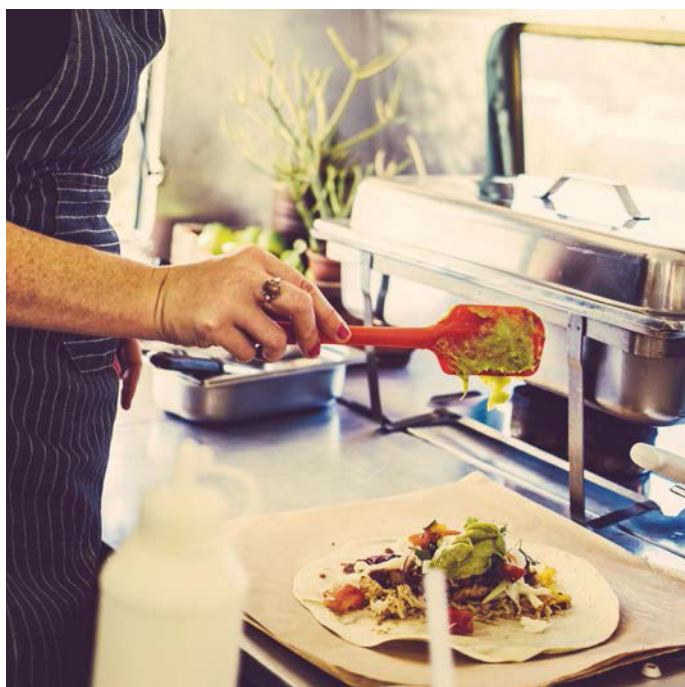


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Home of the Best Burrito in CT
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* BEEFY BORRACHOS R60
SOFT BUNTED, SHREDDED CHICKEN, BEAN, SAUCE, CHEESE, TOMATO, ONION, JALAPENO
* CHIPOTLE CHICKEN R55
CHIPOTLE CHICKEN, BEAN, SAUCE, CHEESE, TOMATO, ONION, JALAPENO
* HEALTHY HOMBRE (V) R50
POUR BEAN, BEAN, CHICKEN, BEAN, SAUCE, CHEESE, TOMATO, ONION, JALAPENO
* TACOS (V) R25
SOFT BUNTED, SHREDDED CHICKEN, BEAN, SAUCE, CHEESE, TOMATO, ONION, JALAPENO
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You've see 'em rollin', but you ain't hatin' – in fact, you're queueing to get in on the streetside goodness. // "People love the mobility, spontaneity, simplicity and creativity of what street food represents. It pretty much encapsulates who we are and how we want to eat," says Didi Bensimon of burrito bus Didi's Bitchin Burritos – and we couldn't agree more. Sure, you could call it fast food, but with the emphasis on fresh ingredients and quality prep, this isn't your standard al fresco fare. // But these truckers also have a lot to teach you – from maximising your cramped kitchen to kicking up the flavour of your meals with minimal ingredients. // Listen up, the wheelers and (gourmet grub) dealers have spoken!

Didi's Bitchin Burritos

DIDI BENSIMON

@DIDISBURRITOS

In the Beginning...

The inspiration came from a stall in London's Exmouth market – Free Bird Burrito. Coming home after five years, we craved a decent burrito. We couldn't find one, so we decided to take matters into our own hands and make the most bitchin' burritos this side of town.

Seriously, Burritos Are a Winner Because...

They are the tastiest parcel of badass rolled into one tortilla that you'll ever face-slam. They're delicious, quick, healthy and convenient to grab-and-go for breakfast, lunch or supper.

And This Is How You Do them Right...

First off, it needs to be rolled well and filled with super fresh ingredients, more-ish meat, a soft tortilla, Pico de Gallo, cheese, a squeeze of lime and, of course, loads of chilli.

Your Biggest Problem in the Kitchen Is...

You're not organised enough. I suggest using wall space where you can, keep it simple and don't try to do everything at once. Get prepped, keep it clean and you'll never need a big space. That's the beauty of food trucking – it's really all about going right back to the basics and using what you have, not all the stuff you think you need, but don't.

The Ingredient You Should Be Using Is...

Citrus. For me, it's often overlooked and an absolute game changer. Preferably freshly squeezed, a simple squeeze of lemon or lime amps up the flavour of the entire dish and emphasizes every layer. I'm a sucker for chilli, too, and I never eat a burrito without it.

DIDI'S CHIPOTLE CHICKEN BURRITO

SERVES 4

WHAT YOU'LL NEED: THE FILLING

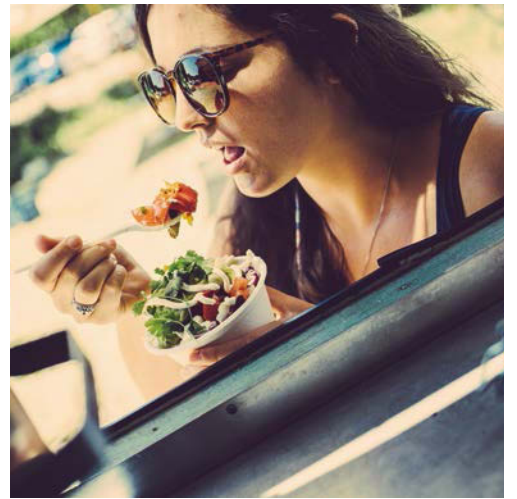
- 4 FREE-RANGE CHICKEN BREASTS (BRINED FOR 24HRS)
- 1 CHIPOTLE CHILI IN ADOBO SAUCE, CHOPPED, PLUS 1 TO 2 TBSP OF SAUCE (GET THE FULL SPICE KIT, R399 YUPPIECHEFCO.ZA)
- 2 PEPPERS (RED AND GREEN, MINCED)
- 1 RED ONION, MINCED
- 4 CLOVES FRESH GARLIC
- 80ML GOOD QUALITY OLIVE OIL
- 2 TBSP MUSTARD SEEDS
- 2 TBSP MEXICAN OREGANO
- 1 TSP EACH CUMIN AND SMOKED PAPRIKA
- 1 CUP FRESH CORIANDER, ROUGHLY CHOPPED
- 1 CUP PICO DE GALLO (THE FANCY NAME FOR TOMATO SALSA)
- 100ML RED WINE VINEGAR
- 2 TBSP MOLASSES
- SALT AND PEPPER, TO TASTE

WHAT YOU'LL NEED: THE BURRITO

- 4 LARGE FLOUR TORTILLAS
- 4 CUPS SPICED RICE
- 1 CUP PINTO BEANS (OPTIONAL)
- 200G MATURE CHEDDAR
- PICO DE GALLO (TOMATO SALSA)
- SALAD OF YOUR CHOICE
- AN AVOCADO, SLICED
- SOUR CREAM
- FRESHLY CUT LIMES, TO SERVE

WHAT YOU'LL DO

- 1/ In a medium sized pot, simmer oil, chipotle, onion, peppers, spices, vinegar, molasses and Pico de Gallo for 5 mins, then take off the heat and purée.
- 2/ Add chicken breast, cover and cook on medium heat for 15 minutes. Turn off the heat and keep the cover on for a further 15 minutes; this should leave the meat super succulent and tender.
- 3/ Cut the chicken into strips, add fresh coriander and stuff into a warm tortilla on a bed of spiced rice, pinto beans, mature grated cheddar, fresh Pico de Gallo, shredded red cabbage, chilli, some avo, a squeeze of lime and a dollop of sour cream. Enjoy.





El Burro

NIC HAARHOFF | @_EL_BURRO

Food Trucks Are Here to Stay...

I think people realise that food trucks are putting out good, healthy food, which is, for the most part, well-priced. People gravitate to the informal setting, but they also realise it can be cheaper to eat a restaurant-standard meal from a cool food truck than go through the full restaurant experience.

The Best Kind of Street Food Is...

Mexican. It lends itself to eating on the street, and if you simply focus on fresh ingredients and good technique, you'll make good food. A lot of it is hand-held fare, which makes it easier to eat on-the-go. It's also pretty quick to put together if you know what you're doing.

The Ingredient You Should Be Using Is...

Chipotle chillis. They add a decent heat to a dish, but they're smoked, so they add richness too. Of course, with Mexican recipes, you can't go wrong with fresh limes. You can't beat their freshness and the gentle acidity they bring to the plate.

ANGELFISH CEVICHE

SERVES 4

WHAT YOU'LL NEED

- 1KG FRESH ANGELFISH FILLET
- 1 SERRANO CHILLI FINELY CHOPPED
- JUICE OF 3 OR 4 FRESH LIMES
- 1 TOMATO, SEEDS OUT AND CHOPPED INTO SMALL CUBES
- ½ RED ONION CHOPPED FINELY INTO SMALL CUBES
- SOME FRESH CORIANDER, STEMS OFF, LEAVES ROUGHLY CHOPPED
- A PINCH OR TWO OF SALT
- A BIG BAG OF NACHOS

WHAT YOU'LL DO

1/ Make sure the angelfish's skin is off and its bones are out. Finely chop the meat into tiny cubes, about 1cm by 1cm max.

2/ Add all the ingredients – excluding the chilli, salt and lime – to a mixing bowl, and mix them all up. Add the juice of two limes, a ¼ chilli and mix some more. Let this mixture sit in the fridge for about 10min to allow the acidic lime juice to "cook" the fish a bit. With super-fresh fish it's nice to have the fish cooked through only about 70%. If you leave it for too long, the lime juice will dry the meat out and make it flakey.

3/ After about 10min, add some extra chilli, lime and salt, depending on how you like it.

4/ There are different styles of Ceviche. You can have it with a lot of liquid or not. It's up to you. One non-negotiable: serve it with some nacho chips to scoop it up.



CHERMOULA WITH PRESERVED LEMON

Bring a little North African cuisine into your backyard

WHAT YOU'LL NEED

- 3 CLOVES GARLIC, CRUSHED
- SKIN OF 1 PRESERVED LEMON, FINELY CHOPPED, PLUS THE JUICE FROM THE PULP
- 1 LARGE BUNCH FRESH CORIANDER, CHOPPED
- 1 LARGE BUNCH FRESH FLAT-LEAF PARSLEY, CHOPPED
- 1 TSP GROUND SAFFRON
- ½ TSP SWEET PAPRIKA
- ½ TSP HOT PAPRIKA
- 6 TBSP OLIVE OIL
- 2 TBSP FRESH LEMON JUICE

1/ There are countless varieties of chermoula for many different dishes, but this one is particularly nice when used as a marinade for fish or chicken that's going to be grilled, cooked on the braai or even baked in the oven.

2/ Combine all the ingredients and use to marinate fish or chicken for at least two hours, or overnight.

3/ It really is that easy. The more you make, the further it'll go to making your meat more interesting.



Balkan Burgers

BOJAN + LIDIJA IVANOVIĆ

@BALKANBURGERBUS

Stick to What You Know...

Balkan Burger is all about our heritage. Our minced meat recipe, bread, cheese and secret roasted red pepper sauce are all traditionally Serbian – just like you'd find them on the streets of Belgrade. Even the inspiration behind the look of our truck comes from the cult Serbian movie from the 80s, *Who's Singin' Over There?*

Keep Experimenting With Your Recipes...

When we started at the Braamfontein market we listed all the things that were wrong with the common burger. Our biggest issue was soggy buns caused by all the sauces soaking into the bread. So we started looking for a solution, testing our ideas every weekend at the market and gathering feedback from our customers. That's how we came up with the fold-over patty that holds all the good stuff in the middle without messing up the bun.

Just Because It's Fast, Doesn't Mean It's Bad for You...

We've taken a hamburger – a viciously unhealthy fast food – and found a healthy alternative. Because our meat is lean, our sauce lacks sugar and preservatives, our bread is artisanal and non-processed, the Balkan Burger is an authentically Serbian, on-the-go, delicious meal that also manages not to be bad for you.

The Ingredient You Should Be Using Is...

Roasted red peppers. You can stuff, boil, roast, dry, crush or deep-fry them. Different red peppers come with different heat levels, subtle flavours and interesting shapes, making them a versatile ingredient that Balkan Burger just can't do without.

THIS IS A BALKAN BURGER

Here's how to make it like they do in the Old Country

- 1/ Go to your butchery and buy cuts of meat. Then ask them to mince it for you, rather than buying ready-prepared. Mix pork and beef for the best flavour. And always add raw onions and paprika.
- 2/ Buy good quality bread and don't be afraid to move away from the conventional round soft roll – use ciabatta, baguette and even naan bread.
- 3/ Play with the shape of the patty – flatten it out, fold it over or even roll one patty into finger-size sausage shapes.
- 4/ Ditch the synthetic sauces and make your own. Roasted red peppers, brinjals and olives make delicious spreads.
- 5/ Don't overdo the toppings – you want to taste that meat.



Tutto

DAN + CLEMMY FORSTHOFFER @TUTTOFOODCO

It's All In the Name...

Tutto is the Italian word for *everything* and for us, good food is everything. Daniel's mother is Italian, which is where the idea came from. We wanted the name to speak to the Mediterranean influence in our style of cooking.

The #1 Rule of a Small Kitchen Is...

That's easy – keep your work station clean! Bin empty packaging immediately, wash up as you go and keep your surfaces free of anything you aren't using. Another big thing for us is to get all the ingredients ready before we start cooking so that we're not cluttering the counter-top with chopping boards and kitchen tools. The cheffy term for this is *mise en place* – basically, just be properly organised.

The Trick to Afro-Med Cuisine Is...

Everything we know and love about food comes from France. We're crazy about classic French flavours and techniques – not just the rich, heavy stuff people think of as French food, but the real, everyday food as well. French cuisine is arguably the best grounding you can have as a cook, certainly in terms of Mediterranean food. Moroccan cuisine has also been a massive influence on our palettes, and it has infused the way we like to cook. This has tied in very nicely with the Spanish side of our menu – our paella and our pinchos. Added to that, Dan's sister-in-law is Israeli, and that has been very important in our appreciation of Middle Eastern food. These flavours all work really well together because they are born of very similar base ingredients – olive oil, tomatoes, garlic, lemon, fresh herbs and subtle spices.

Kicking Up Your Recipes Is Easy With...

Lemon zest, garlic and herbs with bright flavours such as parsley or basil. It's not always about using unusual ingredients, it's about combining and layering flavours that work together. And never underestimate the power of salt. We love preserved lemons and *za'atar*, a sour and herby Middle Eastern seasoning made with dried oregano, thyme, sesame seeds and sumac.



SMOKY SEAFOOD AND CHICKEN PAELLA WITH CHORIZO SERVES 6

Many a heated debate has taken place over what exactly constitutes a proper paella. However, the experienced traveller and cook will discover that today there are almost as many versions of the dish as there are people who enjoy cooking it. This particular recipe includes ingredients from both land and sea – a combination that is very popular in Spain as well as other parts of the world.

WHAT YOU'LL NEED

- 300G DEBONED CHICKEN THIGH, SKINNED AND CUT INTO EVEN, BITE-SIZE PIECES
- 150G COOKING CHORIZO, FINELY SLICED
- 12 KING PRAWNS, CLEANED AND LEFT WHOLE
- 250G SQUID, CLEANED, RINSED AND SLICED INTO 1CM THICK RINGS
- 150G GRILLED, SKINNED RED PEPPERS SLICED INTO 1CM STRIPS
- 200G DICED AND PEELED TOMATOES
- 2 HEAPED TSP TOMATO PASTE
- 1 SMALL ONION, PEELED AND FINELY CHOPPED
- 3 CLOVES GARLIC, PEELED AND FINELY CHOPPED
- 600G BOMBA RICE
- 1.2L GOOD QUALITY SEAFOOD OR VEGETABLE STOCK
- A HANDFUL OF FRESH THYME SPRIGS
- 1½ TSP SMOKED PAPRIKA
- ¾ TSP SAFFRON THREADS
- 150ML GOOD QUALITY OLIVE OIL
- SALT, TO TASTE
- A GOOD HANDFUL OF FLAT-LEAF PARSLEY, FINELY CHOPPED
- LEMON WEDGES TO SERVE

INSIDER TIP

1/ Preheat your oven to 150°. Begin by making the sofrito – the aromatic base of the paella. Place your paella pan (or large heavy-bottomed oven proof skillet) on a gas stove or burner at a medium-to-low heat. Add 5 Tbsp of olive oil and gently fry the onion until it becomes soft and translucent but not brown. Turn the heat down low, add the thyme and garlic and continue to cook for one more minute, then add the tomato paste and a pinch of salt and continue to cook for a further two minutes. Now add the tomatoes, turn the heat back up to medium and allow to cook down for approximately five more

minutes, stirring occasionally, until you have a thick, rich sofrito. Pour the mixture into a dish, being sure to scrape as much out of the pan as possible, and set aside.

2/ In the meantime, bring your stock to the boil in a saucepan, add your saffron threads and remove the pan from the heat immediately. This will allow the colour and flavour of the saffron to infuse the hot liquid.

3/ Pour 3 Tbsp of olive oil into the now empty paella pan and toast the rice with the smoked paprika and a pinch of salt over a medium heat until the rice is well coated, continuously moving it around quickly so it doesn't burn.

4/ Now add your sofrito, briefly mixing it through the rice before adding the stock. Bring the liquid to the boil and evenly distribute the rice. Try not to stir the rice after this point as it can get a bit sticky and porridge-like.

5/ Once the stock is boiling, quickly scatter the calamari, chicken pieces and chorizo over the rice and turn the heat down to low. Let it simmer for about five minutes, turning the chicken halfway through. (You may need to rotate the pan now and again to ensure even cooking, depending on the heat distribution of your stove plate.) Check throughout that the rice is not catching anywhere – if it is, quickly scrape that area with a wooden spoon or stainless steel lifter to free the rice from the bottom, but don't stir it. Scatter the prawns and peppers over the top, and place the pan in the oven for about 15 minutes, checking on it once or twice during this time and adding a little more liquid if it appears too dry.

6/ Remove the pan from the oven and season to taste. The rice should be cooked but firm and should have formed a light crust at the bottom of the pan. Drizzle over the last 2 Tbsp of olive oil and allow the paella to rest for about five minutes.

7/ Serve with a lemon wedge, a generous scattering of parsley and a glass of good wine.

INSIDER TIP

If you cannot find paella rice you can use an ordinary medium grain rice as an alternative.



Vuyo's

MILES KUBHEKA

VUYOS.CO.ZA

It All Started With that Hansa Ad...

There was some serious brand equity there, so I thought, let me see if this is actually a real thing – only to find that it was just something dreamed up by an agency. I figured, well, if it's not owned by anyone, why can't I own it? The only difference is that we did it the other way – we started with the bricks-and-mortar establishment and ended up on the food carts.

The Trick to Running a Food Truck Is...

Efficiency. Making hotdogs is a production line, and being efficient is the only way to handle big events. Also, consider the food: after the flag and the anthem, food is what defines a culture and people. So I thought, hey, SA chow hasn't been given the platform it deserves. We took the

opportunity. We're about real, local food and not what we call "he-he dinners" where people nibble on tiny canapes and go "he-he" to each other's small talk.

The Trick to a Small Kitchen Is...

Think. You can't just put things wherever; you need to make a plan. The space will often define itself for you, you just need to consider it a little. Everything needs to be multipurpose. A counter must have shelving – it acts as a work surface and as storage. And on the topic of storage, everything has its own place, and you need to pack it all back neatly, or you'll lose it.

Want to Kick Your Meal Up? You Need...

Tzatziki. It's super simple, yet it both lifts a meal and gives it depth. You can add dimension to something as simple as a boerie roll with a dollop of the stuff. At the shop, we also use *aioli*, a garlic mayonnaise. **MH**

GOURMET BOERIE ROLL SERVES 1

WHAT YOU'LL NEED

- RED AND GREEN CABBAGE
- KEWPIE MAYONNAISE (FIND IT AT YUPPIECHEFCO.ZA)
- A SQUEEZE OF LEMON JUICE
- 1 LARGE HOTDOG ROLL
- A HANDFUL ICEBERG LETTUCE
- 150G BOEREWORS
- HOMEMADE TOMATO SAUCE
- GRATED PARMESAN
- ROUGHLY CHOPPED PARSLEY

WHAT YOU'LL DO

1/ To make the Asian slaw, combine the finely chopped red and green cabbage, lemon juice and mayonnaise (you

can add 2 Tbsp ginger if you want to kick up the umami factor).

2/ When the coals under your braai are at a medium heat, place the olive-oil rubbed boerewors on the grill, turning only once so that both sides get a good char.

3/ Cut the hotdog roll lengthways across the top, not the the side.

4/ Layer the ingredients into the roll as follows: lettuce, Asian slaw, boerewors, tomato sauce, Parmesan and chopped parsley.



THE ART OF THE QUICKIE

► Mandy May gets up to speed on the hard and fast rules of the quickie...

IT SEEMS PEOPLE NEVER HAVE ANYTHING GOOD TO SAY ABOUT OUR FAST-PACED LIVES, OUR SO-CALLED CULTURE OF INSTANT GRATIFICATION AND THE FRENETIC FERVOUR WITH WHICH WE RUSH FROM ONE THING TO THE NEXT – OR IS IT JUST THOSE PEOPLE WHO HAVEN'T BEEN FORTUNATE ENOUGH TO ENJOY THE PINNING-HER-UP-AGAINST-THE-WALL, PANTING, PAWING, SWEATY, SEXY, STICKY JOY OF THE QUICKIE?

Sex should be savoured, we're told, relished and revelled in. But for all the emphasis we place on slow, languid lovemaking, foreplay for hours, switching off your phone, drawing the curtains and spending the entire day in bed, if we prioritised doing it that way we'd all probably only be having sex one Sunday a month – and that's if you can get out of that lunch with the in-laws you RSVP'd to three weeks ago.

THE 2014 MEN'S HEALTH SEX SURVEY – A NO-SECRET-TOO-DIRTY

snapshot of what pushes the buttons of over 1 000 real South African women – revealed that 28% of women feel like their sex lives are “okay, but could definitely be better”, 22% checked the “non-existent” box and a further 7% confessed “Same old, same old. Honestly, I'm bored with it”. Really now, guys? The truth is that yes, we are all juggling any number of things at any given time (work, kids, fitness, a social life, remembering to go the bank, visit your mom and buy the dog food) and it's all too easy for sex to take a back seat – only sadly, not literally. Waiting for the perfect moment to present itself every time is only making the situation worse.

Sexologist Megan Andelloux also points out in the opening pages of her book *Hot and Fast: Sexy, Spontaneous Quickies for Passionate Orgasms* that it's not just our jammed-up schedules holding us back. “We fight with our desires to experience and enjoy our sexuality more than we allow ourselves to embrace it,” she argues. Of course there's an inherent naughtiness to the quickie, but this also seems to create the sense that it's a sort of fast-food intimacy, a replacement for something more wholesome and, we tell ourselves, satisfying. If either one of you is holding back from this type of sex, is it because you really believe you are “doing something bad”? Andelloux argues that the quickie “is the perfect way to ‘train’ your mind into putting the ‘right’ to the potential of pleasure into practice”. It's not a replacement for intimacy but a supplement to it. And don't let the cutesy name fool you into thinking there's anything insignificant or diminutive about the humble quickie. What it lacks in pages from the *Kama Sutra* and cuddle time, it makes up for in its pulse-spiking thrill, the urgency of untamed passion and the deliciousness of a shared secret.

SHE SAYS

“Sometimes he'll take me by surprise while we're getting ready for work in the morning. So what if I show up with messy hair or I didn't have time to eat breakfast? I'm still smiling for the rest of the day.”
– Sam, 26

Let's face it, we could all do with more of the type of sex where you don't even bother getting your jeans down past your knees, never mind taking your socks off, and where bedrooms are replaced by boardrooms, parking lots, toilet stalls and, you know, the passageway just outside your bedroom because you were in too much of a rush to rip each other's clothes off. Sold yet? Andelloux calls the quickie essential for sexual happiness: “It's the stepping-stone to creating muscle memories for sex, helps us build our sexual fantasies, gets us out of our sexual routines, and connects us to our partners. A quickie is a way to stay connected to your partner in a way that works with your schedule, your differences in sex drives, and your desire to expend some energy in a consensual manner.” It's time to think outside the box, think fast and, yes, even think outside of the bedroom.





Quick and to the Point

Fast-track your pleasure with a few lessons in lightening-fast lust, as well as the best opportunities to put them to practice. Whew!



THE LESSON

WHEN THE OPPORTUNITY PRESENTS ITSELF, JUMP

Privacy offers opportunity. People in long-term relationships can forget that they're just a moment of eye contact, a few whispered dirty words or a lifted skirt away from the kind of scorching sex that'd leave them panting over the kitchen counter. But remember that quickies don't have to be mind-blowing, door-rattling romps – they can be affirmations of intimacy. Sex educator Dr Laura Berman explains that much of the sex that happens between long-term couples is “maintenance sex”: “Often, it isn't the most romantic or mind-blowing sex, but it keeps both partners intimate and close, and allows for a release of stress and tension before bed.”

PUT IT TO PRACTICE... Maybe the kids are finally asleep or your flatmate has popped out. Maybe your boss is playing golf and won't notice if you're a little late this morning or maybe it's Friday “date night” and still at least another 15 minutes until the pizza arrives. The more you jump at the chance and nurture that intimacy, the greater your chance of revisiting the intensity that used to drive you to tear each other's clothing off whenever you got the chance – even if you do end up late for work or with carpet burn on your elbows.

"WE HOOKED UP IN A BATHROOM STALL AT A CLUB. WE DIDN'T REALISE HOW LOUD WE WERE BEING UNTIL THE GUY IN THE STALL NEXT TO OURS STARTED SHOUTING ENCOURAGEMENT." – MELISSA, 28

PUT IT TO PRACTICE... Ease into the idea of having sex in a place other than your bedroom somewhere new but discreet – think between courses at a dinner party, where you can slip off to the guest bedroom and hopefully have a (hopefully lockable) door between yourself and the rest of the guests. And wherever you are, you don't need to attempt crazy positions or even get fully undressed – there's something incredibly hot about needing someone so urgently you don't even have the time to get naked, plus keeping (most) of your kit on removes some of the vulnerability from the situation. Hike up her skirt, push aside her underwear, unzip your jeans and bend her over the basin in the bathroom while the strains of conversation from the room next door filter through the door – with any luck they won't even notice you were gone. And hey, if they do, well, just smile mysteriously and keep quiet. You won't have been the first couple ever to slip off for a quickie.

THE LESSON

SHIFT YOUR EXPECTATIONS

Studies indicate that it takes the average man 7.5 minutes to reach orgasm but it takes the average women almost three times as long, clocking in at 20 minutes. Uh, maybe that's not-so-quickie. The reality of the quickie is that if climax is your primary driver, you're on the wrong track (in truth, this can go for all sex). "I often hear people talk about sex like it's a job, using the word *performance* to describe their sexual experiences and capabilities," says Andelloux. "It takes the fun out of sex. Performance, as opposed to doing what you and your partner desire and communicate, takes you out of the sensations you're desperately seeking and puts you to work." Get out of the mindset that sex is only successful if it results in orgasms. In fact, drop the notion that a quickie even has to equal penis-in-vagina (PIV). Andelloux argues that a quickie can range from "fingers stroking the clitoral hood" to "an orgasm experienced by delightfully grinding against your partner" to "a fondle". "Opening ourselves up to the possibilities of having different types of sex – some of which are outlined above – allows us to create more bunny f**ks. A quickie is a building block of good sex; it just comes in bite-sized quantities."

PUT IT TO PRACTICE... on the road. No, I'm not saying she should be going down on you while you tear down the N2 at 120km/h (not even an F1 driver would have that sort of control), but I am saying that more than 70% of the women surveyed in the 2014 *MH* Sex Survey reported to have had sex in a car before. What is it about doing it on a cramped backseat or with the gear stick poking her in the back that gets her engine purring? For one, there's the risk of getting caught, but still with the relative privacy. It also just happens to be a space where many of us spend a good chunk of our time – and hey, I can think of worse ways to wait out a traffic jam than slipping your hand down her knickers.

THE LESSON

LOCATION, LOCATION, LOCATION

The 2014 *MH* Sex Survey revealed another dirty little secret: 43% of women have fantasised about sex in public. Maybe this isn't that surprising: more often than not, the thrill of the quickie is not in the actual intercourse but in the shared act of rebellion – doing something naughty together and hoping you don't get caught. You're throwing adrenaline into what's already a heady mix of endorphins; it's an intoxicating combination. From hotel bathroom stalls to gym changing rooms and parking garages to even offices, the world is your oyster – and an even more potent aphrodisiac at that.

THE LESSON

THINK SEXY

Foreplay? Ain't nobody got time for that when the two of you are having a secret lunchtime tryst in the office stairwell, or slipping away from the dinner table at your next family get-together. This is where your mind comes in. First of all, always be ready for action. Andelloux suggests giving the possibility of a quickie some advance thought and preparing a sex kit with your partner – lube, condoms, a vibrator... (Even if you're single, spontaneous sex is never an excuse for unsafe sex, so always carry condoms with you.) Now for the next bit of mental preparation: putting the dirty part of your mind to use, letting your thoughts, suggestions, hints and fantasies play the part usually allocated to your lips, tongues and fingers. Think eye contact, skin brushing skin, whispers as you pass. It's a cliché only because it's true: your brain is your most powerful sexual organ, so start the build-up there. By the time you slip away to that supply cupboard, that quiet corner or that guestroom, the only limitation on your desire to get each other naked is how fast you can move.

SHE SAYS

"My fiancé came to pick me up so we could go check out a new restaurant during my lunch break. We didn't even make it out of the office parking lot." – Lebo, 33

"After flirting all night at dinner, we were so turned on we didn't even have time to get into the car. He just bent me over the bonnet." – Mia, 35

PUT IT TO PRACTICE... by drawing things out. This doesn't mean you get more than 10 minutes of skin-on-skin action, but you can use the hours leading up to that flash f**k to build up the anticipation with dirty texts and emails. Consider it digital foreplay. Communication is one of the cornerstones of good sex, especially the quickie, as you won't have the luxury of time to explore what she seems to respond to positively or what you might want more of. If you can't communicate your needs effectively, high-pressure pleasure might not be your speed. **MH**

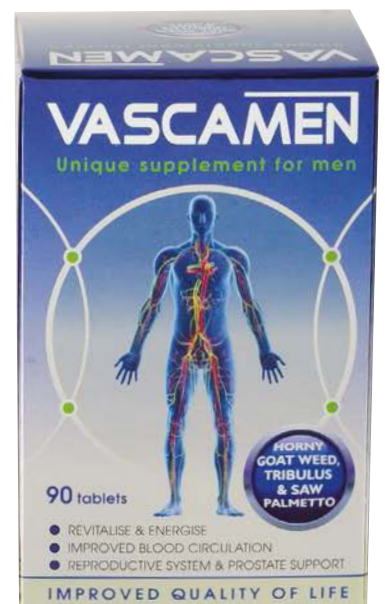


For most of us, it doesn't take much to be turned on sexually. Sometimes, however, we can have difficulty in responding physically. Many men experience a loss of sexual desire or insufficient erections. This is nothing to be shy about. It can be caused by stress, ageing or tiredness or physical conditions like poor blood circulation.

Vascamen is a herbal supplement that contains ingredients that can improve sexual desire and performance, promote a healthy prostate and urinary system, prevent illnesses and increase blood circulation. Vascamen is taken as a daily supplement, not before sex.

Reclaim your sexual confidence

Vascamen is available from Dis-Chem, Clicks and your local pharmacy.

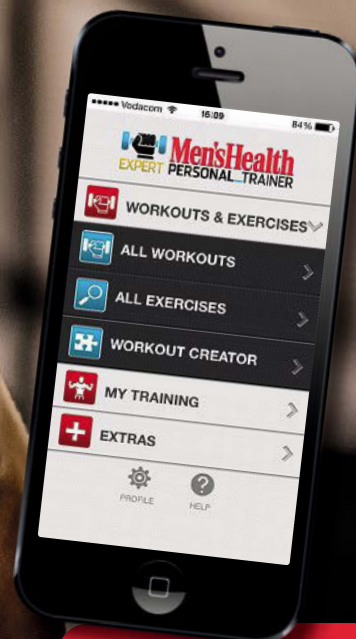


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Men's Health

GUIDE TO STYLE

• • • AUTUMN 2015





FOSSIL

021-418 0045





Stylish Stowaways

These easy pieces travel well, even on your short walk to work

BY
AZEEZ JACOBS
PHOTOGRAPHY
BYRON
KEULEMENS

TWO PIECE, ONE PIECE

Get more mileage out of your suit by wearing each piece separately. A jacket in a solid colour will easily match any printed shirt you own, and always goes well with a pair of dark jeans. Consider yourself smart-casual sorted.

SUIT JACKET R2 899
POLO
POCKET SQUARE R370
TM LEWIN AT EDGARS
V-NECK T-SHIRT R600
KINGSLEY HEATH
JACQUARD LAMBSWOOL
KNIT R1 300 POLO
ROMAN WATCH R13 495
FREDERIQUE CONSTANT
AT PICOT & MOSS
REVERSIBLE BELT R475
BEN SHERMAN
SLIM-FIT JEANS R3 300
REPLAY



SUIT UP

Wool-blend suits are great for the cooler months because they keep you warm (which makes dressing up easier if you're not a layering pro). Make sure you look good on the go by choosing a crease-resistant one.

SPECTACLES

R4 250 **MARC JACOBS**

TRAVEL SUIT R3 998

POLO

ATHLETIC SHIRT

R2 295 **THOMAS PINK**

SILK TIE R460 **ZARA**

POCKET SQUARE R370

TM LEWIN AT EDGARS

CLASSIC ROMAN WATCH

R13 495 **FREDERIQUE**

CONSTANT AT PICOT

& MOSS

LEATHER BRIEFCASE

R11 500 **NERI KARRA**

TWO-TONED BROGUES

R2 000 **TED BAKER**

COMMANDER-IN-STYLE

The military jacket is a wardrobe must-have. Super versatile – really, from camping to cocktail hour, it works – it also adds some toughness to even the dressiest look. One in army green is always a winner.

MILITARY JACKET

R1 800 **LUCKY BRAND**

AT EDGARS

SHAWL KNIT R700

COUNTRY ROAD

LEATHER BELT

R400 **TSONGA**

SLIM-FIT DENIM JEANS

R3 300 **REPLAY**

LEATHER-STRAP

WATCH R700 **TEMPO**

AT STERNS

WEEKENDER BAG

R2 800 **AND LEATHER**

BOOTS R1 200 **ALL**

TSONGA

LESS IS WARM

A lambswool V-neck jersey won't only keep you comfortable en route, it also won't be wrinkled when you get to your destination, thanks to the high-quality wool. Bonus: a pop of colour will make your workwear more interesting (even if your work isn't).

JACQUARD LAMBSWOOL

V-NECK JERSEY R1 300

AND SUIT PANTS R1 099

BOTH POLO

REVERSIBLE BELT

R475 **BEN SHERMAN**

LEATHER SNEAKERS

R1 000 **TSONGA**



HIDE ANYWHERE

No translation needed: a leather jacket is inherently cool in any country as long as the fit is correct. It should fall no lower than the waist and sit squarely on the shoulders.

LEATHER JACKET
R5 540 DANIELE ALESSANDRINI AT SPAGHETTI MAFIA
V-NECK T-SHIRT
R250 RVCA
LEATHER-STRAP WATCH R795 DANIEL KLEIN AT CJR
GIFT SALES
SLIM-FIT JEANS
R3 300 REPLAY
LEATHER BELT
R400 AND **LEATHER BOOTS** R1 200 BOTH TSONGA

LAP OF LUXURY

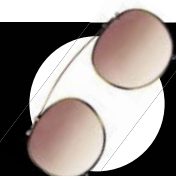
Add some wine-coloured opulence to your neutrals with shades of burgundy. It's a classy, rich colour that's perfect for autumn and looks great against smarter denim, grey and brown items of clothing.

NEW YORK HEADPHONES
R1 000 SKULLCANDY
DENIM SHIRT R700 KINGSLEY HEATH
ZIP FOLIO R5 800 NERI KARRA
SLIM-FIT CHINOS
R390 IDENTITY
LEATHER BOOTS
R1 200 TSONGA

WING-TIPPED

Extra footwear takes up crucial packing space, so opt for comfort and versatility with as few pairs of possible. You'll clean up nicely with these wingtips, and the two-tone colour of the sole makes them great for after-hours exploring.

COLLEGIATE CARDIGAN
R1 200, **CHECKED SHIRT** R1 000 AND **LEATHER BRIEFCASE**
R5 995 **ALL POLO**
LEATHER BELT
R400 TSONGA
SLIM-FIT JEANS
R3 300 REPLAY
RUBBER-STRAP WATCH
R3 395 GUESS AT S. BACHER AND CO.
TWO-TONED BROGUES
R2 200 TED BAKER



MH PICK

SUNGLASSES
THEY'RE LIKE A CONVERTIBLE FOR YOUR EYES: SHADES THAT CLIP ON OVER YOUR PRESCRIPTION LENSES. TOM FORD SUNGLASSES R4 250 SDM EYEWEAR



ALDO

#PERFECTPAIR

DANNY + ALDO

ALDOSHOESSA.CO.ZA

Pack Leaders

Hardside luggage isn't what it used to be. New high-tech, lightweight materials make your suitcase anything but basic. Here are our picks

Two-Day Weekender

2

Name Tegra-Lite Carry-On **Details** 56cm, four wheels **Why It works** This case expands 5cm for extra capacity, has two packing compartments and interior pockets for accessories. **Packing Tip** Keep your shoes intact by rolling up your belts inside them.

TEGRA-LITE CARRY-ON
R1 000 TUMI

Five-Day Business Trip

5

Name Harshell Trolley **Details** 63cm, four wheels **Why It Works** This polypropylene workhorse comes with a TSA lock, ideal for the frequent traveller. **Packing Tip** Begin by filling your suitcase up with heavy items so they won't crush clothing. Roll up your underwear and put them in the gaps.

HARSHELL TROLLEY
R1 995 POLO

10-Day Getaway

10

Name Samsonite Firelight Spinner **Details** 75cm, four wheels **Why It Works:** The eye-catching Firelite shell effortlessly absorbs shocks while in transit. **Packing Tip** Stash your contact info inside the bag in case the tag gets lost. Carry a certified copy of your passport too.

FIRELIGHT SPINNER
R6 595 SAMSONITE



MH PICK

FRAGRANCE

THIS SLIM, TRAVEL-SIZE SPRAY ROTATES TO DISPENSE A MIST OF THE WOODY, AROMATIC SCENT FOR THE MAN ON THE GO. INCLUDES TWO 20ML REFILLS. CHANEL DE BLEU EDT REFILLABLE TRAVEL SPRAY 20ML R1 080 TUTTAFORDS

DIESEL
FOR SUCCESSFUL LIVING



#DIESELWATCH

5 Ways to Adjust to a New Zone

Time travelling? No problem. Writer Michael Williams explains how he syncs with the sun – wherever it rises

1/ Plane Time Is Sleep

Time Nap as much as you can on board, in both directions. Don't try to eat bad food or watch bad movies. Sit by the window so seatmates don't bother you. Use an eye mask and noise-cancelling headphones. Wheels up, eyes closed.

2/ Drink Up Stay hydrated. That means no alcohol, which will only make you dehydrated and groggy and rob you of relaxing sleep. You don't want to land hungover without the bonus of having earned it with a wild night out.

3/ Make the First Day

Work Assume local time immediately and fight to stay awake as long as you can. The longer you manage to make it, the easier the transition.

4/ Step Away From the Bed

If you're in your hotel and it's not close to night-time, never sit on the bed. If you do, you're done.

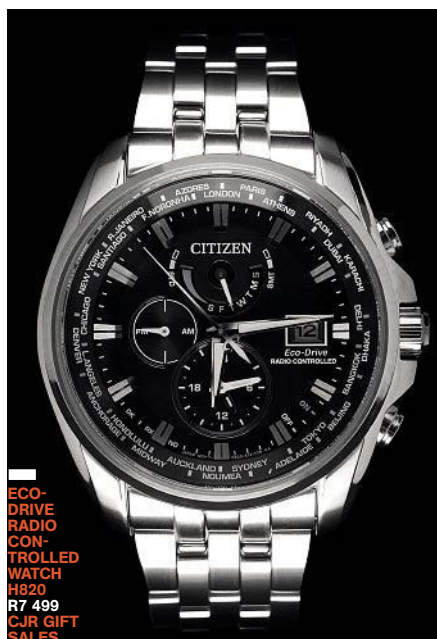
5/ Return Home Right

Force yourself into your normal schedule. The longer you stay in another time zone, the longer you miss out on life.

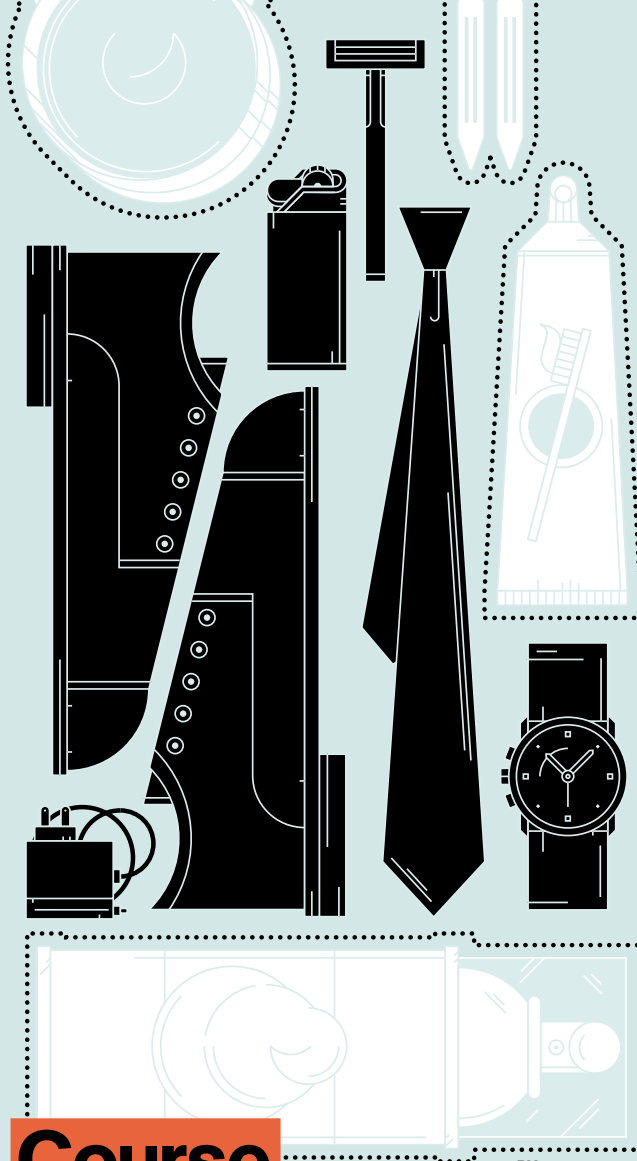
—Michael Williams is the founder of A Continuous Lean

No Time for Jet Lag

This watch updates automatically to tell you what time it is no matter what time zone you're in, thanks to its radio-controlled sync to an atomic clock. It comes fully loaded with an alarm, power reserve indicator and second mini-watch for a different time zone on the face.



ECO-DRIVE RADIO-CONTROLLED WATCH H820 R7 499 C.J.R. GIFT SALES



Course Corrections

BY BRIAN BOYÉ, MOIRA LAWLER, GERILYN MANAGO AND DIANA STANCZAK

Oops, I Forgot...

With a few simple substitutions, you can avoid that mad dash to the pharmacy

Toothpaste

Brush anyway. "You can break up stickiness on your teeth by using a dry brush," says Mark Burhenne, founder of askthedentist.com. Just brush twice as long as you normally would. You'll scrub off food particles and fight bad breath. But buy a tube next time you're out.

Shaving Cream

Shaving with only water can be a bloody mess. "The goal of shaving cream is to create a smooth surface so your

razor can glide across your face," says *Men's Health* US executive fashion director Brian Boyé. His alternatives: **1/** If you packed a preshave oil, use it. It will provide enough slickness for your razor.

2/ Grab one of the hotel-provided hair conditioners and use it as a shave cream. It'll make the surface slippery and won't dry your skin too much. **3/** As a last resort, lather soap onto your mug. The suds provide the glide you need. But be warned: it will probably dry your skin, so follow up with a moisturiser.

Collar Stays

They're easy to forget, Boyé says. "But a

flyaway collar is hard to overlook." Place a paper clip in each side of your collar to keep it in place.

Shoe Polish

Wear your dress shoes while you're in transit. "Shoe-shine stations in airports are a perfect way to kill time between connections," says Boyé. Or hit the breakfast buffet. The natural oils of a banana peel will do the trick, he says. First wipe the shoe clean with a dry cloth or paper towel. Then swipe the inside of a banana peel over the shoe and heel several times. Use the cloth or paper towel to wipe off the residue, and behold: polished shoes.

Where's the John?

Don't let sudden sickness lay waste to your holiday

Travis Stork, *MH's* emergency medicine advisor and host of *The Doctors*, shares his tips for staying healthy while travelling.

Don't Touch That

Beware of viral and bacterial hotspots – the in-flight magazine, tray table and bathroom door handle. An unpublished study from the University of Arizona found that four of six tray tables harbored the MRSA superbug, and 30% of bathroom sinks were home to *E. coli*. Limit your eye and nose rubbing – that's where the common-cold virus often enters. To be extra vigilant, use an alcohol-based sanitiser after touching a hotspot.

Pack Saline Spray

"I'm a big believer in saline nasal sprays to keep your nasal membrane moist and to clear out allergens and irritants," Dr. Stork says. Use it before boarding, during a bathroom break and when you arrive.

Stay Hydrated

Load up on water and limit your alcohol intake. A cocktail is fine, "but don't go overboard," Dr. Stork says. "Alcohol suppresses your immune system and can mess with your circadian rhythms when you're crossing time zones."

Blow It Off

Aim the overhead vent so it blows just in front of your face. "It creates a barrier," Dr. Stork says. "If someone coughs or sneezes, it'll blow their particles away from you."

Stay on Your Feet

Germs aren't the only threat. Prolonged sitting can cause clots in your legs, which can lead to deep vein thrombosis. Stay on your feet while waiting to board, and book an aisle seat so you can walk around.



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 V&A WATERFRONT, CPT: 021 418 9412
 MENLYN PARK, PTA



FC BARCELONA
 OFFICIAL PARTNER

REPLAY

HYPERFLEX
 STRETCH YOUR LIMITS



QUILTED JACKET
R3 995 KURT GEIGER

Weather or Not

Pack one multipurpose coat, wear it everywhere

1

CAR COAT

Throw it on over a collared shirt. Boom: you're drizzle-proof.

2

JACKET

This maroon layer works as well over a suit as it does with a casual knit. You can wear it to the office on Friday morning, then flip up the collar as you cut out for the post-5pm drinks.

3

SHELL

The wind- and waterproof city slicker can hold its own against the elements in ways a wool coat simply can't.

There's No Gym!

No problem. Use a few tricks to exercise effectively – without leaving your room.



Some trips don't allow much free time or gym access. Tough. "Travel is stressful, especially if you're on business and have a lot on your mind," says BJ Gaddour, who has created 59 hotel-room workouts on streamfit.com. "The goal is to feel good and energised." You'll also improve your mobility and flexibility after you've been sitting on a plane or in meetings.

Rock the Band

Pack smart: "A single resistance band can give you a whole-body workout," Gaddour says. Bands are cost-effective and take up minimal space. For a cardio session, anchor the band to a doorknob and wrap it around your waist. Run in place for a heart-pounding workout.

Sweat in Your Suite

A standard room is already stocked with useful equipment. Wrap a bath towel around your torso and assume a push-up position. Hold an end of the towel in each hand and push against the towel to create tension in your core, chest and arms. Next, stand up, lose the towel and push your hands into a wall as if you're trying to move it. "You can create an isometric challenge to the muscles and generate tension as a weight would," Gaddour says. Elevate your feet on the bed to make push-ups or planks harder.



MH PICK

SNEAKERS

THE BREATHABLE UPPER OF THIS LIGHTWEIGHT, EASY-TO-PACK PAIR PROVIDES AIRFLOW AND COMFORT. VENTILATOR 2K SNEAKERS R1 800 REEBOK

Abdi Hussein
Musician
whosane.com

Dee Mtetwe
Model

Colorado Bering Sea R1719; Colorado Light Grey R1719



Ladies Narcissa
Tuscan Brown R1519;
Colorado Simply
Taupe R1719



BREAK NEW GROUND

**Capture the essence of
tough but slick city style
with Cat's new range of
footwear**

Cat is staying true to their slogan with its new footwear range. Tailor-made for those who aren't afraid of walking on the tough side, the range features leather, nubuck and suede boots, with soles made to last. The range also includes mid-top sneakers if boots aren't your thing – these will look great with a pair of cuffed chinos or dark-washed denims.

catfootwear.com
#EARTHMOVERS





You'll be spending the next few months
dressing to keep warm, so paddle out
into the cooler months in style

BY AZEEZ JACOBS
PHOTOGRAPHY JACQUES WEYERS

WATER'S

◀ BRIGHTEN UP

Falling into a same old pattern of jeans and a sweater in winter – we're all guilty of grabbing the first thing in sight and throwing it on. Adding bright colours to your outerwear is a great way to break the habit.

BOMBER JACKET

R3 700 DIESEL

BACKPACK

R1 200 ROWDY

SWEATSHIRT

R130 MR PRICE

METAL-LINK WATCH

R3 500 GUESS AT

S. BACHER & COMPANY

RADAR SLIM-FIT JEANS

R2 200 G-STAR RAW

GLOVES R1 450 LACOSTE

GECKO BOOTS R1 200

JEEP FOOTWEAR

KEEP ON TRUCKIN'

Toughen up your look on the days where Mother Nature can't make up her mind. The trucker jacket gets its name from the American truck drivers who wore them every single day on the road, and turned them into a style icon – so feel free to rock yours with a shirt and tie.

DENIM TRUCKER JACKET

R130 LEVI'S

SHACKET SHIRT

R3 300 REPLAY

GOLFER R1 495 LACOSTE

LEATHER-STRAP WATCH

R700 TEMPO AT STERNS

SLIM-FIT JEANS

R2 600 SCOTCH & SODA

STUDDED BELT

R1 800 DIESEL

BROGUES

R1 300 GREEN CROSS

EDGE

LAYER THIS WAY

Wear a nylon hoodie under a knit cardigan for an unexpected and modern look. You get double points for a pop of colour. Shawl-collared knits are versatile and can smarten up any pair of jeans. Look for one with interesting embellishments, like toggle buttons, and make an understated style statement.

SUNGLASSES R2 500
CARRERA AT SAFILO
SHAWL-COLLARED
KNIT CARDIGAN
R700 TRENERV
PACKABLE HOODED
JACKET R2 099 G-STAR
EXPEDITION WATCH
R2 000 TIMEX AT
TREGER BRANDS
V-NECK T-SHIRT R600
KINGSLEY HEATH
BELT R399 TSONGO
KRAYVER JEANS
R4 000 DIESEL

ADVENTURE TIME

With a military jacket and a strong pair of boots, you'll be ready to take on anything. The pockets will come in handy should you overstuff your backpack.

BEANIE R250 OAKLEY

MILITARY JACKET

R3700 SCOTCH & SODA

RUBBER-STRAP WATCH

R1 650 TIMBERLAND AT

CJR GIFT SALES

HOODIE R1 200 LEVI'S

AMBASS SLIM-FIT JEANS

R3 300 REPLAY

BACKPACK R660

OAKLEY



LIVING FOR THE WEEKEND

A plaid shirt and well-fitting pair of jeans are great weekend style staples, but mix and match them up with different outerwear and accessories. Try a watch on one wrist and a bracelet on the other or a beanie and sleeveless puffer jacket if it's chilly. Tip: wear your beanie fisherman's style. Look for a fitted one with a fold-over base and leave the slouchy ones to the hipsters.

BEANIE R300 NEFF

SUNGLASSES R1 750

EMPORIO ARMANI AT
AMERICAN SWISS

PLAID SHIRT

R700 TRENERV

JERSEY R1 000 LEVI'S

TEPPAR JEANS

R4 000 DIESEL

STUDDERED LEATHER BELT

R1 900 DIESEL

WATCH R3 070

STERLING AT NWJ

METAL-LINK ARMBAND

R750 POLICE AT CJR

GIFT SALES

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www.polo.co.za
info@polo.co.za
011 258 7600

INTRODUCING THE RETURN OF POLO SPORT

Look like you're ready to hit the weights or run a mile
(even if you plan on just lounging around) in
Polo Sport's new "ath-leisure" inspired range

Inspired by old-school track and athletic wear, Polo Sport's new range isn't your typical sportswear. It includes retro-inspired tracksuits, gym shorts, hoodies and golf shirts you can wear post-workout, around the braai or even while grabbing some groceries. If you live an active lifestyle and want to look good doing it, then this "ath-leisure" inspired range is for you.



ZIP
SWEATER
R899

PELTON
ZIP FRONT
GOLFER
R599



RETRO
CLASSIC
TRACKTOP
R799



ATHLETIC
T-SHIRT
R399



ENERGY
STRETCH
T-SHIRT
R399



HERITAGE
SPORT
CHINO
R899



AUSTIN
RETRO
SPORT CAP
R279

HERITAGE
SPORT
SLEEVELESS
HOODY
R799

RETRO
RAGLAN
T-SHIRT
R399

HOMERUN
FLEECE
TRACK PANT
R699

SLIM DOWN

Sure, a big puffy jacket will keep you warm, but a slim jacket with the right amount of layering can be just as effective. Make the denim or chambray shirt the foundation of your layering – it looks really good with a pair of chinos.

JACKET R2 650 LACOSTE

CHAMBRAY SHIRT

R700 LEVI'S

LEATHER-STRAP WATCH

R500 TOMATO AT S.

BACHER & COMPANY

DUFFEL BAG

R520 RE-SAILS

CHINOS R1 300

TED BAKER

BELT R400 TSONGA

CHECK THE COMBO

Balance the neutrals in your wardrobe with contrasting colours – you'll be surprised at how many interesting colour combinations you can come up with. But don't forget that function is just as important: the nylon shell on this bomber jacket is designed to withstand the harshest wind and rain.

QUILTED BOMBER

R2 800 G-STAR RAW

CREW-NECK SWEATER

R1 300 LE COO SPORTIF

LEATHER-STRAP WATCH

R2 800 DIESEL AT S.

KEREN WATCH GROUP

SLIM-FIT JEANS

R750 RVCA

LEATHER BOOTS

R3 000 DIESEL

#TOPSIDING

A/O Suede 2
Eye Blue

A PASSION FOR THE SEA

Since 1935, Sperry has been making some of the most comfortable and stylish boat shoes. They've reinvented the traditional design, adding an all-suede shoe and low-top canvas sneakers to the range. Now you can look like you're ready to set sail, even if you're taking a stroll in the city.

www.facebook.com/sperrytopsidersouthafrica

SPERRY
TOP-SIDER



A/O 2-Eye
Amaretto



A/O 2-Eye Dual Tone
Leather Grey



A/O 2-Eye Dual Tone
Leather Navy



A/O 2-Eye Flag Day
Black



A/O 2-Eye
Suede Orange



Striper
Coffee/Fawn



Striper
Navy/Gold



What She Wants You to Wear at Every Age

Whether you're in your twenties, thirties, forties or older, women always appreciate a well-dressed gent. So throw away that Homer Simpson T-shirt – here's how to dress your age

BY AZEEZ JACOBS
PHOTOGRAPHY BYRON KEULEMANS

20s



"It's simple: dress like a man, not a boy."

Model and entrepreneur, Naomi Noinyane

Face the Music

"This is the age where you need to start developing and sticking to a skincare routine," says Naomi. "It'll help you look good when you're older." Not a facial-and-toner type of guy? There's hope. "At the minimum, you should have a face wash suited to your skin type and use moisturiser. Nothing looks sexier than a guy who looks after himself, and it all starts with the face."

but they have to fit well," says Naomi. "You can never go wrong with a lived-in, worn-in denim shirt – it oozes masculinity. Denim on denim is one of my favourite looks. You'll see **Zac Efron** rock this look a lot, and it works especially well on guys who look after their bodies."



Denim Still Rocks

"Women find certain clothes, like dark-washed skinny or straight-leg jeans, really sexy on a guy,

MH TIP

Back to Basics

A sharp wardrobe starts with a foundation of good quality basics. First: a pair of jeans that fits. Head to your favourite store and try on many styles to see what you like, don't like, what fits and what doesn't. Take someone you trust for a second opinion. Keep your accessories understated for a look that isn't too flashy but still packs enough punch to get a nod from the right people.



Dirk de Jager
20, student



THE ACCESSORY

ROPE ARMBAND
R169 SPREE



THE WATCH

KARL LAGERFELD
WATCH R5 499 S. KEREN
WATCH GROUP



THE FRAGRANCE

KOIROUS BODY EDT
100ML R1 089 EDGARS

WEEKENDER BAG
R1 700 REPLAY
METAL-LINK ARMBAND
R750 POLICE AT CJR
GIFT SALES
PUFFER JACKET
R800 ZARA
DENIM SHIRT
R3 895 REPLAY
DENIM AND LEATHER TIE
R1 250 REPLAY
BELT R1 400 REPLAY
THAVAR JOGGERS
R3 500 DIESEL
CAMO HIGH-TOP
SNEAKERS
R2 600 REPLAY
RUBBER-STRAP WATCH
R1 340 SWATCH



30s



"It's worth investing a little more in items that will last longer than the first wash."

Mari Groenwald,
Fashion Editor at
Women's Health

Groom Now, Look Better Later

"A guy's thirties are such a great time. They tend to have just the right amount of life experience and wisdom, without losing any of the go-getter attitude of the twenties," says Mari. "I find their skin the most attractive – it seems more lived in and mature. Because of this, it's important for men in this age group to really make an effort to groom: cleanse, moisturise, use sunblock and have some sort of grooming routine. Whatever you're not looking after now will show up in lines in the next decade." Mari has some advice for the beard brigade too: "I love stubble – but a full-on beard really only works for a select few. Keep it trimmed and neat and you've got my stamp of approval." She also suggests picking a signature scent – the spicier the better.

Tailor-Made

"Choose clothes with a more tailored fit that's suited to your body shape," says Mari. "You might have got away with baggy clothes in your twenties, but now it just makes you look untidy. Think **Ryan Gosling** in *Crazy, Stupid, Love* – wear your clothes with confidence and don't let them wear you. I love a tailored coat, a sleek bomber jacket, lightweight cardigan or casual button-up shirt with jeans. Keep your footwear smart-casual – high-tops or urban sneakers worn with a dressier outfit is actually very sexy," she says. "Your look should come off as effortless."



MH TIP

Upgrade Your Style

When it comes to patterns, be a bit adventurous and go beyond pinstripes and checks. Embrace dots, paisley and vintage prints. Don't go overboard by wearing loud prints from head to toe. A few high-end pieces can take your style to another level, so make the investment now. A slim-fit bomber jacket is a must-have – you can wear it to the office over a crisp, white shirt and printed tie, or on weekends with rolled-up chinos and brogues. When it comes to jeans, inject some personality into your look with a carrot cut. They're more relaxed in the thigh but have a tapered, cropped ankle.



Chris Jaftha
32, actor

SLEEK BOMBER

R600 ZARA

POLKA-DOT SHIRT

R399 STUDIO W. AT

WOOLWORTHS

METAL-LINK WATCH

R2 400 GUESS AT S.

BACHER & COMPANY

STUDED BELT

R1 400 REPLAY

DROP-CROTCH JEANS

R4 500 DIESEL

BROGUES R3 300

REPLAY



THE WATCH

VICTORINOX SWISS ARMY
NIGHT VISION WATCH
R9 995 PICOT & MOSS



THE FRAGRANCE

PAUL SMITH EXTREME
SPORT EDT 50ML R695
STUTTAFORDS



THE ACCESSORY

FLAT CAP R350 POLO



40s



"Focus on timeless classics that'll never go out of style."

Candice-Lee Kannemeyer, editor of inmybag.co.za

Maintenance Matters

"You shouldn't look like you're trying too hard," says Candice. "Men should be well-groomed, but not overly preening. You don't ever want to look like you've walked straight out of your girlfriend's hairdresser. Having a couple of days' facial hair growth is fine, as long as it's neat and tidy."

Real men also care about their hands, Candice reminds us. "Keep your nails short and don't be afraid of going for a manicure. Keep your hands looking good by regularly applying a hand cream. Most of the men I know love Eucerin's Intensive Hand Cream 5% Urea because it's fragrance-free and non-greasy." And what about the all-important scent? "Go for a fresh but masculine fragrance. I love a fresh and woody scents on a man."

Weekend Special

Some corporate guys who wear suits all week struggle with the weekend wardrobe. Candice's tip is to dress your age, but to still have some fun and let your personality shine through. She does warn against going overboard with trying to be too trendy and colourful. "Stick to the classic items but have at least one colourful item, or try an unexpected style, like wearing sneakers with a suit on Fridays if you work in a more laid-back environment," she says. "There's also nothing wrong with a great looking golfer, well-fitting jeans and loafers."

MH TIP

Finishing Touches

When it comes to accessories, less is more. A pair of cufflinks is always appropriate. Opt for sleek ties in different materials and neutral colours like burgundy, dark green or navy wool in winter, pocket squares if you're wearing a jacket and a simple leather belt. Break the mould and wear a waistcoat with a jacket, much like **Idris Elba** often does, but not in black – you don't want to look like a waiter.



German de la Melena
46, restaurateur

REFLECTIVE SUNGLASSES
R4 800 **TOM FORD**
BLAZER R3 000,
WAISTCOAT R1 400,
POCKET SQUARE R500,
AND PANTS R1 600
ALL TRENERV
GOLFER R1 895
AND SNEAKERS R1 695
ALL LACOSTE





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POLO

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REEBOK

031 459 8800

RE-SAILS

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REPLAY

021 418 8507

ROWDY BAGS

061 227 1919

RVCA

042 293 2199

S. BACHER & COMPANY

011 372 6000

S. KEREN WATCH GROUP

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SAFILO

0861 723 456

SDM EYEWEAR

011 334 7020

SCOTCH & SODA

011 784 3233

SPAGHETTI MAFIA

021 424 0696

STERNS

021 938 1250

STUTTA FORDS

011 879 1000

SWATCH

011 911 1200

TED BAKER

011 450 1156

THOMAS PINK

011 325 4098

TREGER BRANDS

011 089 6000

TRENERY

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TSONGA

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TUMI

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WOOLWORTHS

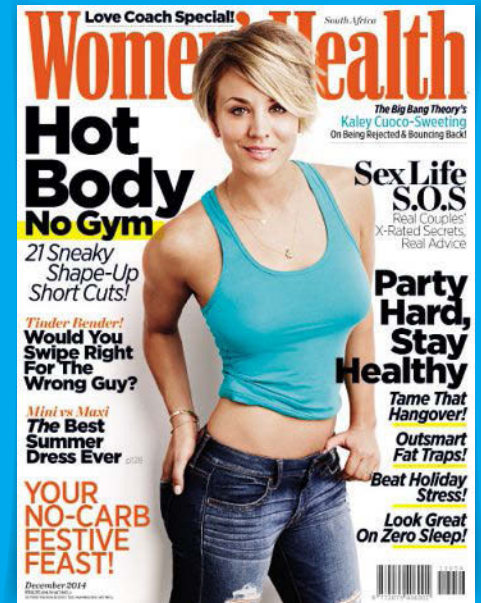
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MAX MUSCLE MOBILISER

Uncover your abs and build an indestructible body with this CrossFit-inspired sweat storm

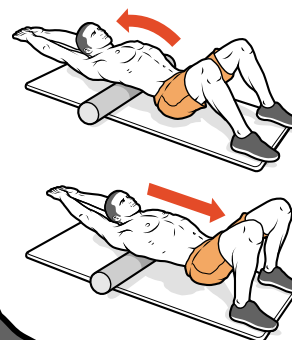
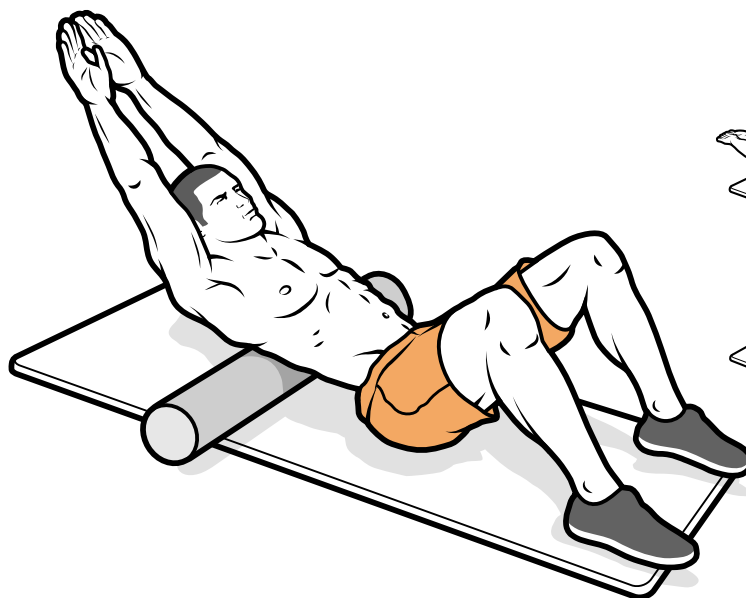
DIRECTIONS Warm up on a treadmill for 5 minutes. Do the joint mobilisation exercises (Part 1). Then move on to the workout (Part 2): do 1 set each of 1A and 1B. That should take less than a minute. Rest for the remainder of the minute. Repeat for 2A and 2B. Then sprint on the treadmill for 1 minute or 200 metres, whichever comes first. That's 1 cycle. Do 10. Finish by walking for 5 minutes and doing soft-tissue exercises (Part 3), 1 set each.

JOINT MOBILISATION

1 / SPINE FOAM ROLL

Place a foam roller on the floor behind you, sit on your glutes and lean back onto the roller. Bring your arms over your head and place your hands together. Arch your back over the roller, and slowly return to the starting position. Repeat several times, then lift your butt off the floor and move backwards and forwards on the roller.

Time: 2 minutes



> TIME

50 MINUTES

> BENEFITS

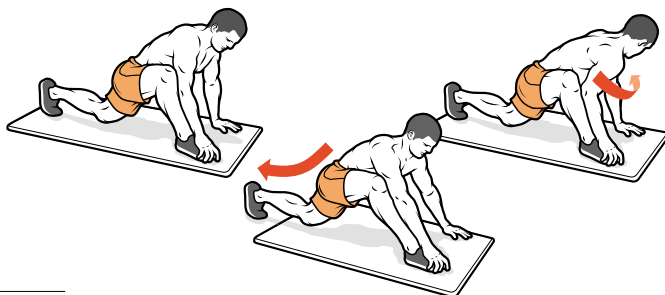
FIGHT FLAB

**BOOST
SHOULDER
AND HIP
MOBILITY**

2 / HIP SEQUENCE

Assume a lunge position, right leg forward, with your right hand on your foot and your left hand on the floor. Push your right knee out as you rotate your body left. Now drive your hips back, straightening your right leg. Switch legs and repeat.

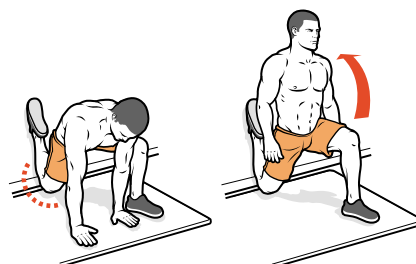
Time: 2 minutes per leg



3 / CROUCH MOBILISATION

Back your right knee into the bottom of a wall and move your left leg into a lunge position, knee bent 90 degrees. Raise your torso and hold that position. Switch legs and repeat.

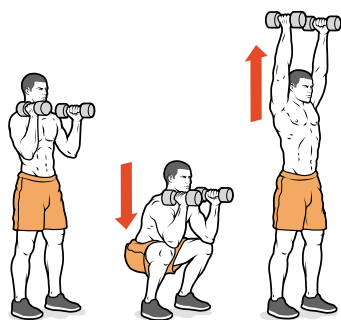
Time: 2 minutes per leg



THE WORKOUT

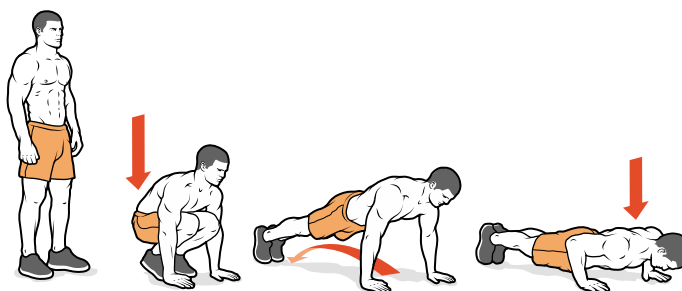
1A / DUMBBELL SQUAT TO PRESS

Hold the dumbbells in front of your shoulders. Squat down, then explode up, thrusting the weights straight above your shoulders. **Reps:** 5



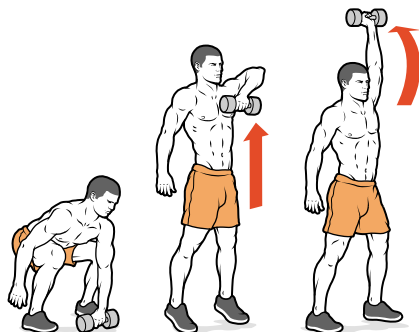
1B / BURPEE

Stand with your feet shoulder-width apart. Push your hips back, squat down and place your hands on the floor. Kick your legs back into a push-up position and do a push-up, lowering your chest to within a few centimetres of the floor. Squat, stand and repeat. **Reps:** 5



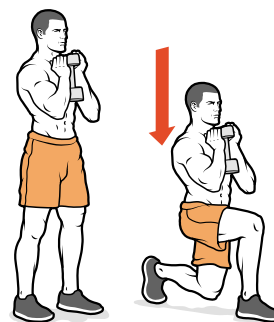
2A / SNATCH

Place a dumbbell on the floor between your feet and grab it. In a single movement, lift the weight up your body and try to throw it at the ceiling (without letting go). Return to the starting position. Do all your reps, switch hands and repeat. **Reps:** 5 per hand



2B / DUMBBELL GOBLET LUNGE

Hold a dumbbell vertically in front of your chest, cupping the top like a goblet. Step forward and lower your body until your front knee is bent 90 degrees. Return to the starting position. Do all your reps, switch legs and repeat. **Reps:** 5 per leg



SOFT-TISSUE WORK

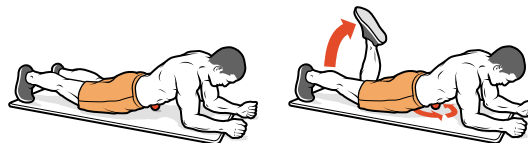
1 / QUAD SMASH

Lie on your left side with a foam roller positioned beneath your thigh, just above your knee. Slowly roll to your right until you're facing the floor. Knead the area of muscle pressed into the roller by raising and lowering your left heel. Move the roller further up your thigh and repeat the process. **Time:** 1 minute per leg



2 / GUT SMASH

Lie on the floor with a soft tennis ball beneath your navel. Roll the ball around by moving your body. Knead tight spots by curling the heel of your leg on the corresponding side of your body up towards your butt and then lowering it. **Time:** 2 minutes



NEVER SAY DIE

3 WAYS TO KEEP GOING WHEN ALL YOU WANT TO DO IS QUIT



THINK SMALLER

BIG SETS CAN FEEL DAUNTING. "DON'T THINK ABOUT THE 50 REPS AHEAD OF YOU. JUST THE NEXT 5," SAYS CROSSFIT GAMES CHAMP RICH FRONING.



REMEMBER WHY YOU LIFT

WHETHER YOUR GOAL IS HEALTH, STRENGTH, WEIGHT LOSS OR VANITY, KEEPING YOUR EYE ON THE PRIZE MAKES IT EASIER TO RESIST FATIGUE, SAYS FRONING.



BE COMPETITIVE

"WHEN THINGS GET HARD, I THINK, 'SOMEONE SOMEWHERE IS WORKING HARDER THAN ME,'" SAYS FRONING. COMPETITION IS POWERFUL MOTIVATION.

MensHealth

SOUTH AFRICA'S BIGGEST SELLING MEN'S MAGAZINE

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PLAN

THE BEGINNER'S GUIDE TO



BUILDING MUSCLE

**OVERHAUL YOUR
BODY IN 3 WEEKS**

**9 SIMPLE STEPS TO
COVER MODEL ABS**

**5-MINUTE MEALS
FOR 5-STAR GAINS**

BROUGHT TO YOU BY

CHROME
SUPPLEMENTS & ACCESSORIES



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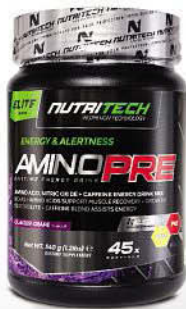


9

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STRENGTH STACK

SUPPLEMENT GUIDE



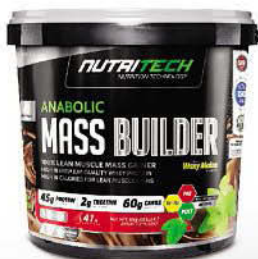
AMINO PRE ANYTIME ENERGY DRINK

NEW PRE-WORKOUT

NUTRITECH AMINO PRE is formulated with a unique blend of Essential Amino Acids, Branched Chain Amino Acids, Electrolytes, Beta-Alanine and Caffeine. AMINO PRE combines the benefits of these key ingredients with a double shot of Caffeine to bring you a refreshing drink, suitable for anytime of the day and designed to help boost your energy and focus levels during times of increased mental and physical exertion. Energize. Focus. Recover.

- High Caffeine Content For Energy + Focus
- Contains BCAAs, Electrolytes + Beta-Alanine
- Energy Boost when you need it
- Supports Muscle Recovery

Available sizes: 540g



ANABOLIC MASS BUILDER LEAN MUSCLE MASS GAINER

NUTRITECH ANABOLIC MASS BUILDER has been specifically formulated to help you achieve your goal of improved strength and to maximise lean muscle weight gain. NUTRITECH ANABOLIC MASS BUILDER is high in protein, high in carbohydrates and calorically dense. It contains L-Glutamine, L-Isoleucine, L-Leucine, L-Valine, Taurine and selected vitamins and minerals to help you achieve your goal, while tasting great.

- Helps Maximise Lean Muscle Weight Gains
- Ideal for Before or After Workouts, High in Calories
- Instantized for Easy Mixing and Digestibility
- High in Premium Quality Whey Protein

Available sizes: 5Kg, 1.5Kg



CREATINE HCL CREATINE HYDROCHLORIDE CONCENTRATE

CREATINE HCL is an ELITE, faster absorbing, ultra concentrated creatine. CREATINE HCL is designed to increase strength, muscle mass and boost recovery, helping you perform at your best. Creatine Hydrochloride (HCl) is the salt form of creatine, allowing for greater solubility and increased bio-availability than regular creatine monohydrate. An added benefit: CREATINE HCL allows for micro-dosing, you only need to take it once a day.

- Zero Loading Phase, Cycling or Water Retention
- Increased Bio-availability + Solubility
- Convenient Micro-dosing, Once a Day
- Strength + Recovery Support

Available sizes: 120 Capsules



TESTO BOOST COMBO PACK DAA + ZMA 5-HTP NATURAL ENHANCERS

NUTRITECH ESSENTIAL TESTO BOOST COMBO PACK has been specifically designed to deliver an all-natural, anabolic complex for optimal testosterone levels. NUTRITECH DAA is a daytime testosterone booster and is taken in the morning. NUTRITECH ZMA 5-HTP is a nighttime testosterone booster and is to be taken before bed.

- Natural Testosterone Boosters
- Promotes Lean Muscle + Strength
- Supports Hormone Production
- Promotes Male Reproductive Health
- Natural, Non-hormonal Formulas

DAA Size: 120 Capsules ZMA 5-HTP Size: 120 Capsules



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WORKOUT,
REP BY REP.**

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IT ALL STARTS WITH YOU

Even without a single piece of kit, you already have everything you need to start growing stronger. This bodyweight workout will teach you the basics of muscle-building without the risk of mishap with a heavy barbell. Better still, the moves will challenge you and raise your strength in ways no Z-list celebrity workout DVD ever could.

01

SINGLE-LEG BURPEE 5 REPS ON EACH LEG

MUSCLES WORKED



This combines plyometrics, for speed off the mark, with unilateral movement, which is PT jargon for "hopping". All you need to know is that it builds a stronger core. Squat, place your hands on the floor, then kick your left foot back, keeping the right raised off the ground (A). Jump your left foot up into a squat position then leap as high as you can (B). Now switch legs and repeat.

STRETCHES



B

A

BRACE YOUR CORE FOR BALANCE



MAKE IT WORK FOR YOU

Do 2 sets of each move in order; rest 1min between sets. Perform this workout four times a week. Each week, add another set to the moves and rest less. Continue until you can do 4 sets on each exercise.

02

CLAPPING PUSH-UP
6 REPS

MUSCLES WORKED



Regular push-ups are, let's face it, boring. Pushing your torso up high enough to clap fires more fast-twitch muscle fibres. Place your hands on the floor at shoulder-width, bend your elbows, keeping them tucked in. When your chest touches the floor (**A**) push up as hard as you can, clap your hands together in mid air (**B**) then fall straight into the next push-up.



03

KNEE-RAISE CHIN-UP
6-8 REPS

MUSCLES WORKED



This move isn't easy. But lifting your knees stops you swinging from the bar and, as a reward, you will fully recruit your biceps, back, upper chest and almost every part of your abs. It's worth getting the hang of it. Grab a pull-up bar with an underhand grip. Hang at arm's length then lift your knees until your thighs are parallel to the floor (**A**). Pull your chin over the bar (**B**). Hold, then slowly lower yourself to the start.



ATHLETE
POWER

04

LATERAL LUNGE
6-8 REPS

MUSCLES WORKED



Regular squats are great for shifting your metabolism up a gear during circuits. But for tangible muscular growth in your quads and hamstrings, you need to put them to one side. It's time to think laterally. Start with your feet hip-width apart, holding your hands out at chin height (A). Step to the side with your right leg, bending your knee until the left leg is straight (B). Push back up to the start and repeat with the other leg. Point your foot in the same direction as the bent knee, or risk doing more harm than good.



05

INVERTED ROW

8 REPS

MUSCLES WORKED



Lie under a bar and grab it with an overhand grip. Hang at arm's length with your body in a straight line from shoulders to ankles (**A**). Brace your abs to keep your torso rigid: this is the best way to protect against injury and increase your power on every muscle-building move in the book. Now pull your chest to the bar (**B**), pause and lower yourself back to full hang.



06

QUAD PRESS

5 REPS

MUSCLES WORKED



Another way to update the ever-reliable push-up. By changing your centre of gravity you can target your upper body more effectively. Drop on all fours, knees bent forward and weight resting on your toes. Place your hands together (**A**) and bend your elbows to lower your chest to the floor, allowing your knees to splay out (**B**). Straighten your arms to return to the start. If you feel like a frog, you're doing it right.



07

TRICEP EXTENSION
12 REPS

MUSCLES WORKED



Find a step, ledge or bar that's about waist high and get into a push-up position with your hands resting on the bar, shoulder-width apart (**A**). Keep your torso rigid and elbows tucked in close to your body. Bend your elbows to lower your body until your head drops below the ledge/bar (**B**). Then straighten your arms to return to the start. You should feel a sharp burning in your triceps. If not, dial up the difficulty by finding a lower ledge. Or, if you're really feeling particularly confident, you can perform it one handed. Show-off.



YOUR TRAINER

NAME Joseph Coyne

ABOUT Exercise physiologist and qualified S&C coach, Coyne's job is to study the effect fitness has on your health as a whole. This is a man you want on your side when embarking on a new workout programme.

ONLINE coynesportsinjuryclinic.com.au



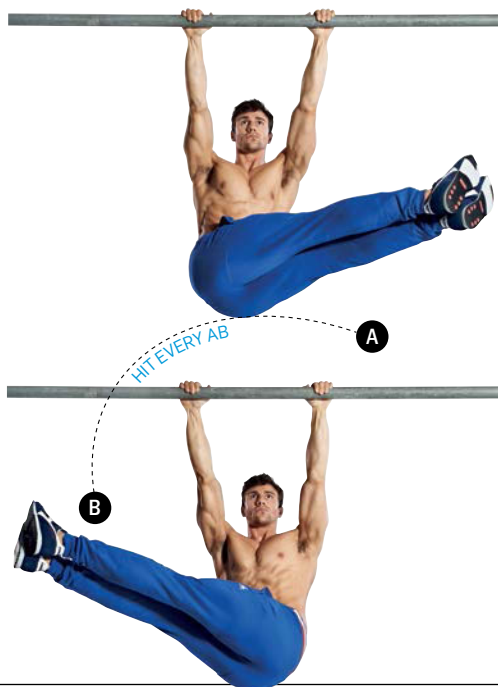
08

WINDSHIELD WIPER
12 REPS

MUSCLES WORKED



Target every part of your abs without any weights or mat work. Lifting your legs hits the ever-elusive lower abs, while rotational moves are a love-handle buster. Hang from a bar and raise your legs (A). Rotate your trunk to shift them side to side (B), like the movement of your car's wipers. Try not to bend your knees or elbows. Making swishing noises is fine, though.



09

HIP EXTENSION
8 REPS ON EACH SIDE

MUSCLES WORKED

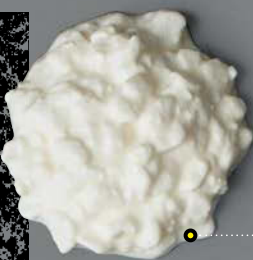


This finishing move looks yoga-esque and is a chance to squeeze in extra growth while stretching out. You don't need to "Omm" either. Start on all fours, hands under your shoulders and knees beneath your hips (A). Raise your right foot off the floor and, keeping the knee bent, lift it until your hamstring is in line with your back (B). Lower and repeat on the other leg. Finish up your 2 sets and collapse on the mat.



FOOD FOR FAST GAINS

You don't need a degree in sports science to create premium fuel that will help your muscles repair all day. Each of our recipes uses five ingredients as building blocks for growth. Spend less time in the kitchen, get more from your efforts in the gym.



COTTAGE INDUSTRY

Cottage cheese is low in fat and high in casein protein, which is absorbed more slowly than whey. Your muscle fibres will be well-fed until lunch.



OATS SO POWERFUL

To restock your body's glycogen you can't beat slow-releasing oats. A pinch of cinnamon will stabilise blood sugar for a more sustained supply of energy.



01 MICROWAVE SUPER BOWL

When you're training harder and more often than you're used to, those early starts can be tough. Consider this an edible morning massage.

METHOD

01/ Roughly mix the cheese and chopped paw-paw in a bowl with a fork. (You're after a chunky texture rather than velveteen.)

02/ Prep complete, follow the packet instructions on your oats and microwave with milk.

03/ Pour the cooked oats over the fruit and cheese, then give it a stir to fluff it all up. Top your porridge off with a sprinkling of cinnamon and devour greedily.

SERVES ONE

- 100g cottage cheese
- ½ papaya
- 50g instant oats
- 150ml milk
- A pinch cinnamon

NUTRITION

1167

kJ

22.4g

Protein

32.1g

Carbs

6.5g

Fat



FRUIT OF THE BOOM

Paw-paw is an underrated sweetener offering up a powerful blast of vitamins A, C and E, all of which

support recovery. Papain enzyme reduces inflammation too, easing any soreness.



02 ULTIMATE TUNA SALAD

Packing plenty of protein, this office kitchen-friendly feast is ideal pre- or post-workout, flooding your muscles with the amino acids they hunger for

METHOD

01/ Arrange the leaves on a plate. Or just tip the bag out, we're not precious about it.

02/ Heat the pre-cooked quinoa if you like it hot (it's just as potent and tasty eaten cold, though) then stir in the tuna and chopped avocado with a fork.

03/ Pour over a little olive oil and toss lightly. Crack some black pepper on top if there's any to hand. Then grab a fork and take a big bite out of your daily protein requirements.

SERVES ONE

- 1 mixed bag spinach and watercress
- 75g quinoa, pre-cooked
- Can of tuna, drained
- ½ avocado
- A glug olive oil

NUTRITION

2 106
kJ

55.5g
Protein

27.1g
Carbs

16.7g
Fat

FAT OF THE LAND

The essential fats in avocados deliver a valuable shot of energy to get you through that final circuit. Their vitamin E also prevents stiffness later by fighting the free radicals created during intense workouts.

FIBRE OPTIC

Quinoa is rich in protein and fibre; its manganese will drip feed your body with energising carbs throughout lunch hour.

ACID TEST

Tinned tuna is a cheap source of the amino acids you need in your system so your muscles can start repairing the moment they tear. Crack it.



03 MUSCLE DELIVERY

After a day at the coal face, cooking is a big ask. Replace your takeaway with this lazy-but-nutritious dinner

METHOD

01/ Slice the chicken and toss in the spices. Stir-fry for 3-4min.

02/ Meanwhile, boil the veg until it's cooked, but with a little bite.

03/ Microwave the rice according to the packet, then chuck it in the chicken pan with the egg. Stir until the eggs scramble, then add the vegetables last.

SERVES ONE

- 100g chicken breast
- 2tsp Chinese five spice
- 150g mixed frozen veg
- 100g rice, pre-cooked
- 2 eggs, beaten

NUTRITION

2 104
kJ

52.3g
Protein

39.1g
Carbs

15g
Fat

SHELL COMPANY

Adding eggs to your meal racks up extra protein, yes, but it's the B vits you really want. They help you break down carbs so you can use them as fuel, rather than just store them as fat.



GRAIN SUPPLY

Packets of wholegrain rice are about as low-effort as energy sources get, restocking your muscles with glycogen that's depleted over the course of the day.

CHICKEN OUT

A 100g serving of quality fowl yields over 20g of protein and is a great source of leucine – an amino acid that helps overnight muscle building.



LAYERS OF BENEFIT

Quercetin, the compound in red onion that makes it, er, purple, is an antioxidant that specialises in reducing the inflammation in your muscles that causes you to walk funny after a big leg day in the gym.



04 POCKET ROCKET

When you absolutely have to eat now, this is your weapon. Arm your body with protein and carbs

METHOD

01/ Slice the steak and toss in half the chilli sauce; stir-fry for 3-4min. Chop the onion and pepper and chuck them in.

02/ Warm the wrap in the oven. Spoon the beef mix on top.

03/ Add the rest of the chilli, wrap and serve. And by "serve" we mean cram into your face.

SERVES ONE

- 100g lean steak
- 2 Tbsp sweet chilli sauce
- ½ red onion,
- ½ red pepper
- Wholegrain wrap

NUTRITION

1493
kJ

27.7g
Protein

40g
Carbs

10g
Fat

UP THE STEAKS

Protein count and testosterone-raising fats aside, steak is the top natural source of creatine. This organic acid is proven to boost muscular power and repair. In other words, get it down you.

PICK UP THE PACE

Your bodyweight work has conditioned your muscles and built a base of strength. Now you'll grasp how to train with weights correctly. Whether you're new to the gym or could just do with a refresher, by using a single weight you can focus on getting your form spot on. You want to strain your T-shirt rather than your back, right?

A/01

DEADLIFT 5 REPS

MUSCLES WORKED



Begin the next phase of your development with a kettlebell or dumbbell on the ground between your feet. Take a shoulder-width stance and bend at your knees and hips to lower your upper body. Keep your head up and your lower back slightly arched. Grab hold of the weight with an overhand grip (**A**), then use your thighs to lift the weight, straightening your legs (**B**). Tense your glutes hard at the top – it will unlock extra power and give you perfect form to boot. Take 2–4 sec to lower back to the start and reset your position before you go again.

CIRCUIT

A



STAY TENSE FOR ALL-OVER STRENGTH

MAKE IT WORK FOR YOU

Perform each mini circuit, rest for a minute, then switch, aiming for 4 sets of each circuit.

When you can do 2 circuits in a row without stopping, add 5kg. Do 4 workouts per week and watch yourself grow.



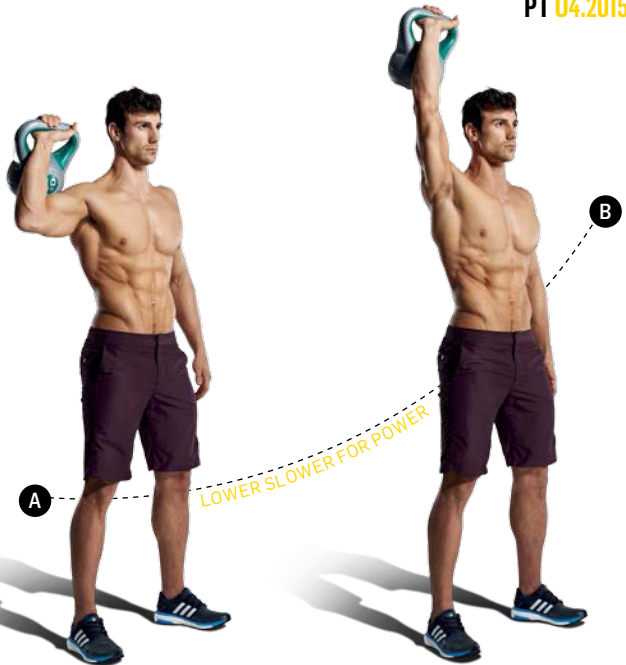
A/02

ONE-ARM MILITARY PRESS 5 REPS

MUSCLES WORKED



This overhead move is an effective way to build your shoulders. Feet at shoulder-width, weight in one hand, yank it up so it's next to the side of your head with a bent elbow (A). Straighten the arm hard to push the weight above your head (B) but don't lock your elbow. Slowly lower it to the start position. Squeeze your abs throughout to stop your torso twisting. It will hurt more tomorrow if you don't.



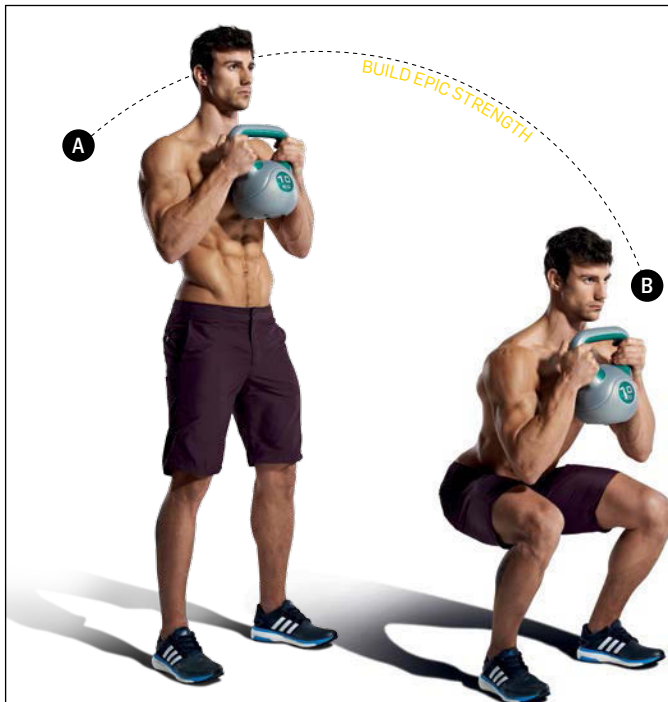
A/03

GOBLET SQUATS 5 REPS

MUSCLES WORKED



It sounds like something from *Game of Thrones* and for lower-body strength it is just as epic. Thankfully it's far less bloody. Hold the weight with both hands at chest height, elbows tucked in (A). Bend your hips and knees to lower. Stop when the bottoms of your thighs are parallel to the floor but sink deeper if you can manage it. Keep your back straight and knees in line with your feet (B). Rise to the start, finish your reps, take your rest, then turn the page.



CIRCUIT

B



B/01

SWING
5 REPS

MUSCLES WORKED



A classic muscle-building exercise still worth doing. Start with a 1 metre-wide stance, holding a kettlebell or dumbbell in one hand. Hang it between your legs from a straight arm, then let it fall between your legs a bit further and absorb the momentum by sitting back (A). Now drive your hips forward to raise the weight in front of you to chest height (B). Then let it drop back between your legs again. This should be done quickly. Let it swing.

B/02

TURKISH GET-UP
5 REPS

MUSCLES WORKED



To work your whole body, all you have to do is get up. Lie on the floor with your left leg straight and hold a weight in your left hand straight above your chest, supported by your right arm (A). Pushing off the ground with your right hand and leg, come up to standing (B). Lie back down as you keep holding the weight above you. Switch hands and repeat.



B/03

SQUAT THRUST TO PUSH-UP TO DEAD 5 REPS

MUSCLES WORKED



The big finale. Stand with the weight between your legs, bend down to grip the handle with your right hand, then push your legs out behind you. Drop into a push-up (A), then jump your legs forward so your feet land either side of the kettlebell. Now stand up, pulling the weight up your body until it's level with your chin and catching it in the rack position (B). Return to the start and repeat on the other side. Get this right and you're armed to nail any move.

TOTAL BODYPARTS



B

Two feet, four hands

A



YOUR TRAINER

NAME Jeff Martone
ABOUT Author of *Kettlebell RX*, Jeff specialises in full-body workouts using just a single weight and wants you to go hard rather than just heavy.

ONLINE @TacticalAthlete

MOBILE REINFORCEMENT

After 4-6 weeks of basic weight training, you're ready to move on. The next phase of your evolution builds on new found strength and mobility and uses simple apparatus to improve your athleticism. On the pitch you'll benefit from more power. In everyday terms your all-over muscle will surpass that of the average gym bro

CIRCUIT

A

A/01

SWISS BALL
HAM CURL
3 SETS OF 10 REPS

MUSCLES WORKED



Bringing a ball into play provides the instability you need to score stronger abs. Lie down on the floor with your right ankle resting on the ball. Raise your left foot off the ground and stretch your arms out beside you for balance. Now engage your lower-body muscles to lift up your hips until your body forms a straight line from your shoulders to your ankles. Bend your right leg to roll the ball toward your backside (A). Take 2sec to straighten the same leg to roll the ball back away from you (B) and lower your body down. Resist the urge to collapse.

MAKE IT WORK FOR YOU

Perform all three circuits in one workout, doing all your sets before moving on to the next circuit. Rest for 30sec after each set in circuits A and B and 60sec in C. Complete it 2-4 times a week.

A
SQUEEZE YOUR GLUTES AS YOU ROLL

B

STABLE GAINS

A/02

MEDICINE BALL PUSH-UP

3 SETS OF 10 REPS

MUSCLES WORKED



Make stronger abs your motivation. In a push-up position, hands slightly wider than shoulder-width apart, put your right hand on a medicine ball and your left on the floor. Both your elbows should be bent (A). Perform a push-up, but at the top of the movement bring your left hand to your right shoulder and hold it there for 2sec (B). Do all of your reps raising one arm, then swap sides.



A/03

STANDING CALF RAISES

3 SETS OF 10 REPS

MUSCLES WORKED



Isolating your lower legs is easy to do. All you need is a step or a small box. Rest the balls of your feet on the edge, heels hanging off and lowered as far toward the floor as you can (A). Push down hard through your toes, bringing your heels up as high as possible (B). Jump off, then spring back to the start position and repeat. If you didn't feel the burn, wear a weighted vest. Be honest, now.



CIRCUIT

B



B/01

BULGARIAN SPLIT SQUAT

3 SETS OF 12 REPS

MUSCLES WORKED



The angles at work here zero in on your hamstrings and quads. Strap into that weighted vest or hold a lightweight plate to your chest, arms crossed. Place one foot $\frac{1}{2}$ m in front of the other, with your back foot resting on top of a box about 30cm high (A). Bend your knee and lower down as far as possible (B). Now steadily return to the start position. Complete all your reps, then swap sides.

B/02

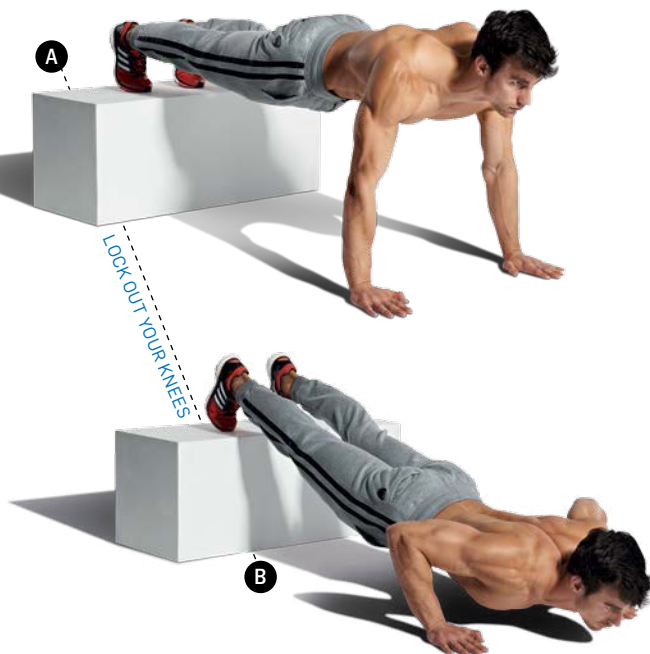
RAISED PUSH-UP

3 SETS OF 12 REPS

MUSCLES WORKED



Shrug off the weighted vest and drop into a push-up position, hands slightly wider than your shoulders. Rest your toes on the edge of that same box. The angle variation engages more of your shoulders and upper pecs. Make sure your body forms a straight line from shoulders to ankles (A). Lower down until your upper arms dip below your elbows (B) then straighten your arms to return to the start position. Repeat.



B/03

KNEE-TAP SQUATS 3 SETS OF 12 REPS

MUSCLES WORKED



This simple move ensures you squat properly and with good balance. Put on that vest again and stand in front of the box on your left leg. Lift the other leg, bent behind you. Extend your arms to help you balance (A). Bend at the hips and knees to lower down until your back knee lightly taps the top of the box (B). Now reverse the motion and push back up. Go slowly to avoid awkward bruises.



B/04

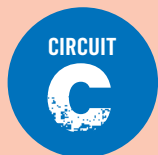
ONE-LEG HIP THRUST 3 SETS OF 12 REPS

MUSCLES WORKED



In front of the box again, lie with your upper back on the edge, knees bent, hips down. Lift your left leg so you're balancing on your right. Stretch your arms out to your sides, palms facing up. Stop yourself nodding off by lifting your hips so your body makes a straight line from knees to nose (A). Lower down (B), switch legs and repeat. Don't get too comfortable, there's still a circuit to go.





C/01

TOWEL FLY

3 SETS OF 15 REPS

MUSCLES WORKED



Find yourself a bit of shiny wooden floor and grab two fresh gym towels from the shelf. (Avoid any you've already sweated on.) In the push-up position with your hands wider than shoulder-width, place a towel under each hand. Your body should form a straight line from your shoulders to your ankles (A). Push the towels away from your body while keeping a bend in your elbows (B). Stop when your chest is an inch above the floor. Pull the towels together to return to the start. You can wipe yourself dry afterwards.



STRETCH YOURSELF



YOUR TRAINER

NAME Brendan Chaplin
ABOUT This strength and weight-loss coach is an expert when it comes to building muscle through inventive workouts. You can rest assured you won't be dragging yourself under a barbell, basically.

ONLINE @BrendanChaplin
 brendanchaplin.co.uk

C/02

TRX TRICEP PRESS 3 SETS OF 15 REPS

MUSCLES WORKED



Prepare to push through the ceiling of your strength. Set a TRX so the handles are level with your eye line. Hold one in each hand, elbows locked. Now walk your legs back so your body is diagonal to the ground, your back straight (A). Lower by bending your elbows until your head is below the handles (B). Straighten to return. It hurts – but you'll be surprised by how many you can do.



C/03

TRX Y-PULL 3 SETS OF 15 REPS

MUSCLES WORKED



Finally, you're going to do some suspended rowing for a more powerful back and bigger biceps. Set up the TRX as before and grab a handle in each hand. Shuffle your feet forward so your back is diagonal to the ground and your palms face each other (A). Pull the handles apart so they end up above your head and you form a standing Y-shape (B). After all your reps, consider this stage of the development complete.



NEXT-LEVEL STRENGTH

If you've stayed true to your training plan so far, you'll have set a foundation of strength, mastered athletic movement and learnt to do it with proper form. Now pull it all together to really see some changes. Use this 30min gymnastics-inspired workout to grow stronger and add eye-catching definition. Ready to level up?

A

WIDER WORKS HARDER

B

01

DEAD-HANG PULL-UP 5 REPS

MUSCLES WORKED



Pull-ups are the best move out there for honing the V-shape that sets you apart from the average gym goer. But you have to be strict with your form. Hang off the bar, hands just past shoulder-width. Try to cling to the bar without gripping it too hard (A). Now pull with your arms and bring your shoulder blades down and together until your chest touches the bar (B).

MAKE IT WORK FOR YOU

Perform the exercises in order. Rest as needed, but working faster will trigger a bigger muscle-building effect. Aim to get through the circuit 5 times in 30min and shoot for four sessions a week.

02

PUSH-UP TO FLOOR
10 REPS

MUSCLES WORKED



We all like shortcuts. But by cutting out the elastic energy of your muscles, this tweaks the standard push-up for better muscle recruitment in your arms and chest. Start in a normal push-up position, hands beneath your shoulders (A). Bend at the elbows and sink until your chest is on the floor. Tap your elbows down (B) before pushing back up. Tough, yes, but worth it.



03

DROP SQUAT
10 REPS

MUSCLES WORKED



This far into the workout programme you should have built the mobility needed to sink deeper into your regular squats. Start with your feet at shoulder-width (A) and bend at your hips and knees to lower (B). If you can't sink all the way, stop when your thighs are parallel to the floor. Quickly push up to standing. This works your core, as well as the big muscles in your lower body. You're heavy enough without the barbell.



04

JUMPING LUNGE
5 REPS ON EACH LEG

MUSCLES WORKED



You're sticking with your lower body for now; brace yourself for some burn. Stand with arms by your sides, then jump into to a lunge with your front leg at 90 degrees and back knee 5cm off the ground (A). Now leap back up to the start, swap legs and repeat the lunge (B). Too easy? Hold your fingers to your temples to activate more of your core for balance.



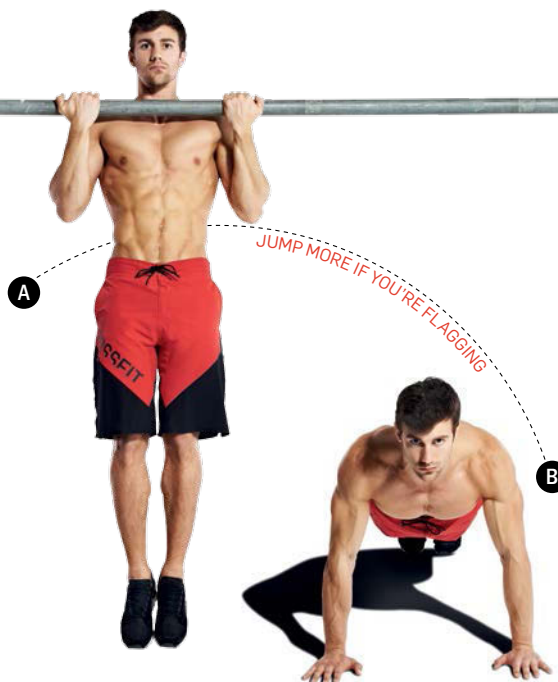
05

CHIN UP TO BURPEE
5 REPS

MUSCLES WORKED



Your arms have had a bit of a break, which is handy because this is hard on both your biceps and triceps. Hang from the bar with your palms facing in. Pull up to bring your chest to the bar (A); hold momentarily, then lower. Drop off the bar and go straight into a burpee with a push-up in the middle (B). At the top of the burpee grab the bar. Got that? Keep doing it.





06

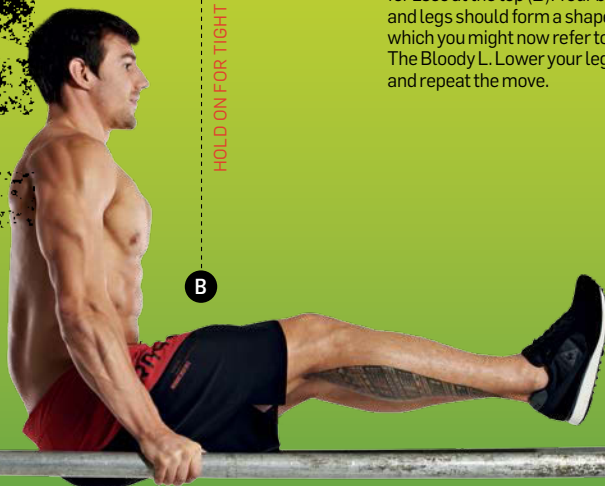
TRICEP DIP TO L-SIT 5 REPS

MUSCLES WORKED



This is the gymnast's six-pack secret. Set yourself up on a pair of parallel bars and complete a full dip, arms at 90 degrees (**A**). As you push up, raise your legs until parallel to the floor; hold for 1sec at the top (**B**). Your body and legs should form a shape which you might now refer to as The Bloody L. Lower your legs and repeat the move.

HOLD ON FOR TIGHT ABS



07

HANGING L-SIT
10 REPS

MUSCLES WORKED



Blast through another core exercise to ensure no ab is left untuned. With hands at shoulder-width, hang at arm's length (A). Slowly bring your legs up into the L-sit position (B). Hold for 1sec and lower with control. Don't let your legs start to swing or you'll lose the tension.



YOUR TRAINER

NAME Chaka Clarke

ABOUT Founder of gym-free fitness group #spartanfam, and the man responsible for the bodyweight trend currently revolutionising training in the UK. Few men are better qualified to transform your body.

ONLINE @chakabars
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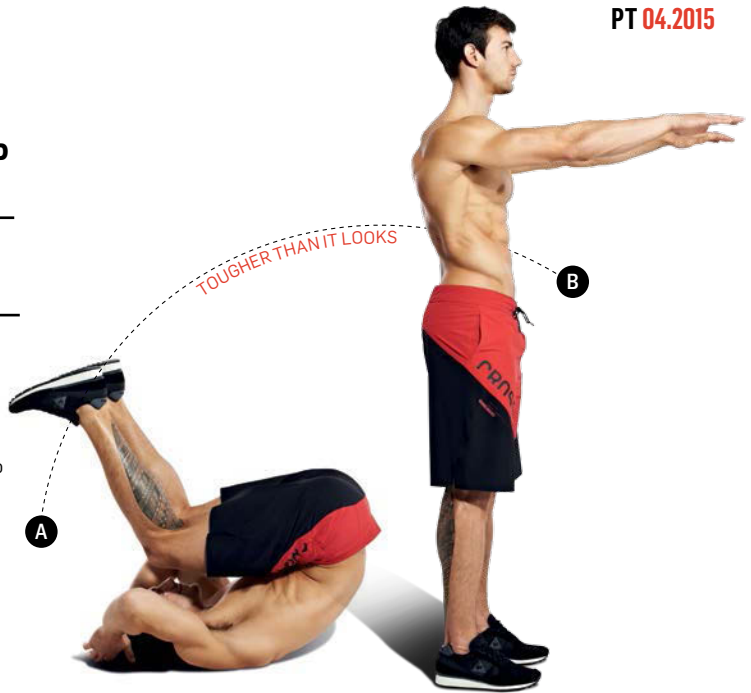
08

BODYWEIGHT GET-UP
5 REPS

MUSCLES WORKED



It sounds simple, but done right, this will call on all your major muscle groups at once. Start standing straight, feet together, then drop your hips. As you do, bring your arms in front of you, let momentum roll you back onto your shoulders, and bring your knees in front of your face (A). Now throw your arms forward and leap up to plant your feet firmly on the floor (B).



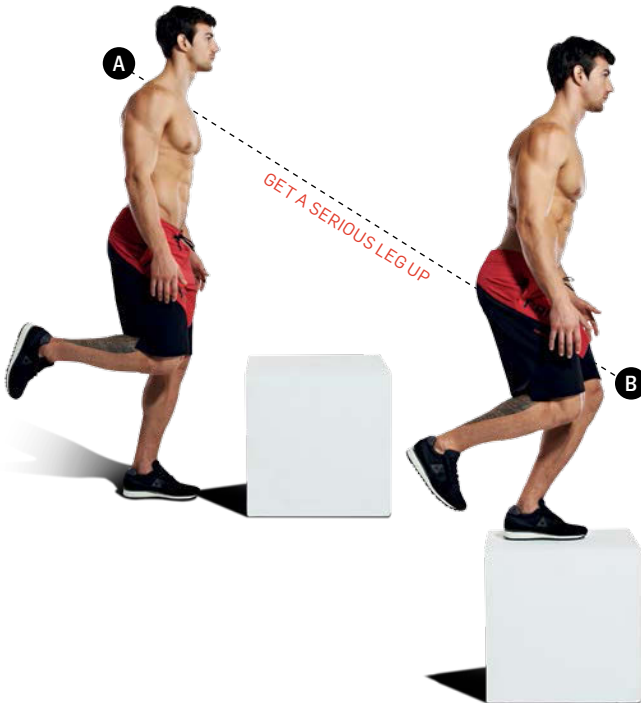
09

SINGLE-LEG
BOX JUMP
5 REPS ON EACH LEG

MUSCLES WORKED



Finally, let's send your new athleticism vertical. This move is hard (and slightly risky) but your reward is sporting strength that's as useful in the real world as it's nice to look at. Stand in front of a box, lift one leg (A) and sink into a squat. Push hard and swing your arms to jump up onto the box; land on one foot (B). Hop off with feet together, and switch legs. Fight the wobble and blast through your reps. Then stride home a stronger man.



YOUR GRAND FINALE

You've mastered the basics, honed your technique and become stronger than you've ever been. Which is all good to know, but it's nice to show it off too, isn't it? The behind-the-back clap push-up is your spotlight move. Perform it when you're fresh if you want to impress and you'll build even more strength through your torso

01

PACE YOURSELF

Speed is not your aim at this stage. In a push-up position, bend your elbows to ease yourself down. You want to generate as much elastic energy in your muscles as possible, so tense your abs hard and tuck your elbows in.

02

CLAP IN TIME

Just before your chest touches the ground, push up fast. Use momentum to pull your hands back to touch behind your lower back. Try to make them meet any higher and you run the risk of losing face...

03

LAND IT

Whip your hands back in front to land. You'll come down hard so use the strength in your arms to cushion your weight and lower yourself down into another impressive rep. When you're done, give yourself a pat on the back.

IT'S NOT JUST FOR SHOW

Pulling your arms back behind you improves the flexibility in your back and shoulders. This will stop you becoming too front heavy like the guys in spray-on vests at the gym.

SHOW OFF



A close-up photograph of a man's muscular torso, showing his pectoral, abdominal, and oblique muscles. He is wearing dark athletic shorts. The background is a green and white geometric pattern.

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